

Extroverted Team Member

Encourage thinking out loud during discussions and brainstorming sessions – this is where they thrive the most.

Invest in face to face or video conversations to provide extroverts access to human interaction whenever required to work remotely.

Ambivert Team Member

As adaptable as ambiverts can be in the workplace, there's always one end of the spectrum that is slightly more prominent. Check in with them about which is more.

Introverted Team Member

Always plan meetings and discussions in advance, and provide an agenda beforehand to allow introverts to digest information and prepare.

Aim to conduct brainstorming sessions in smaller groups if possible and ask introverts for their input during the meeting to give them the opportunity to comment without having to speak over others.