

Your Quiet Update



Insights for communication professionals championing personality inclusion



Here's what has been building...and what's to come!

Halfway through the year feels like a natural moment to pause and reflect. At The Introvert Space, the first six months have brought new audiences, new conversations, and a quiet but growing sense that our work is reaching the people it is meant to reach.

One moment we are particularly looking forward to sharing in the coming weeks is our pioneering UK-wide Personality at Work report, in collaboration with Ipsos Karian & Box and the Institute of Internal Communication. It's a powerful reminder that personality isn't niche and shapes how people work, lead, and communicate across every workplace. Read on to learn how to gain early access.

This newsletter gathers a few highlights from the year so far, what's to come, what we're learning, and, as always, some practical tips and updates you can take away immediately. Let's dive in.

Thoughtfully yours,

Richard :)

Founder, The Introvert Space



In this newsletter you can expect:

What's been happening

Spotlight: Silence in meetings

Research corner: Personality at Work report

Black Introvert Week UK: Call for speakers

Work with us

Keeping in touch



What's been happening

The first half of the year has covered more ground than expected — in the best sense. Pioneering insights, new institutional relationships, and a growing list of invitations to join global event agendas have all confirmed that the work is travelling in the right direction.

In April, SHRM — the USA's leading HR network — invited The Introvert Space to present at SHRM Talent in Dallas, TX, sharing insight on how organisations can reframe quiet contribution in the meeting room. Among the key leadership approaches discussed were clear communication methods and inclusive meeting structures that empower introverted employees to contribute fully, particularly in hybrid work settings.

That was followed by the first-ever UK-wide Employee Resource Groups conference,

hosted by EDI leaders iCAN, where The Introvert Space was invited to present on effective communication and storytelling for ERGs. The session was subsequently top-ranked by attendees – a strong signal of the growing appetite for these insights. A full-house audience at the IoIC Festival was another genuine highlight and one we will come to shortly.

What connects all of it is not the events themselves, but the conversations that happen around them, with people thinking more carefully about how they communicate, lead, and make space for others.

Visit theintrovertspace.com for a full list of resources from this year's events, including slides, watch-again links, and more.

Welcome, Georgie!

We are delighted to welcome Georgie Richards to The Introvert Space.

Georgie brings a strong editorial instinct from her English Literature degree at UEA, time at The Times Summer School, and hands-on communications experience at GambleAware. We are glad to have her thoughtful voice on the team.

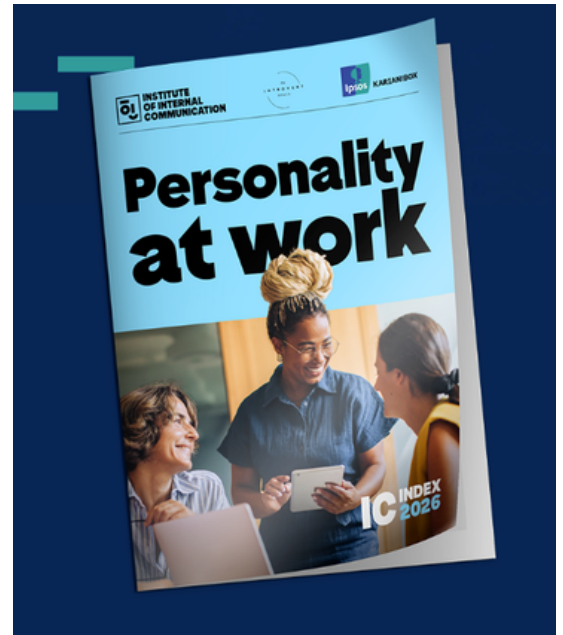
[Connect with Georgie on LinkedIn](#)

Image: Georgie with BBC Radio London host Eddie Nestor





Research Corner: Personality at Work



Practical tools: The introvert-friendly meeting checklist

- **Reframe quiet quitting.** Before labelling someone disengaged, consider whether you are looking at introversion instead. If they are meeting deadlines, prefer written feedback, and show up better in smaller groups, the issue is not motivation, it is likely environment.
- **Make performance reviews fairer.** For introverted team members, reviews can feel like a test of personality rather than performance. Offering written feedback alongside verbal, and a calm private setting, makes a meaningful difference.
- **Swap sorry for thank you.** A small but powerful shift: replace "sorry I'm late" with "thanks for waiting." It changes how others perceive you...and how you perceive yourself.
- **Build in recovery time.** After social or high-stimulation events, look at scheduling downtime as productive over optional. Treat it like a meeting and protect it accordingly.
- **Recognise what quiet contribution looks like.** Deep thinking, calm decision-making, and written ideas are leadership qualities. If your culture only rewards what is spoken aloud in the room, it is missing some of its best thinking.

The upcoming **IC Index 2026 Personality at Work** report explores a question that goes largely unnoticed in most organisations: why can people with the same role, the same access to information, and the same manager walk away from workplace communication with completely different experiences?

One of its key findings is striking: what makes introverts and extroverts feel valued at work differs fundamentally, and understanding this gap may be one of the most important steps an organisation can take towards truly inclusive communication.

You won't want to miss this: register now to be alerted the moment the report lands using the link below:

<https://landing.ipsoskarianandbox.com/IC-Index-2026-Personality-Report/ic-index-2026-personality-report-request.html>

"Wise [people] speak because they have something to say; Fools because they have to say something." — Plato

Call for Speakers: Black Introvert Week UK

26-30 October 2026

We're proud to host our fifth annual Black Introvert Week UK in the final week of October, with this year's theme of **Wellbeing at Work**.

We're looking for thoughtful speakers for a 50-minute panel on **Thursday 29 October** in London, exploring what it means to protect mental capacity, conserve emotional energy, and express feelings without guilt, navigating spaces as introverts that often reward performance over presence.

If this sounds like you, **submit your proposal by Friday 31 July 2026**



<https://forms.gle/3ncUuhJgegceqahz9>



Work with us!

Whether you are looking to inspire your leadership team, energise an all-staff event, or create lasting change in how your organisation communicates, there is a way to work together that fits.

From one-to-one mentoring to interactive keynotes and workshops for leaders and teams, The Introvert Space brings practical, people-first thinking to organisations ready to hear every voice in the room.

Read more about what we offer in this helpful one pager <https://tinyurl.com/tisonepager>



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