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Motivating Introverts Psychology Response Gifting is a very effective motivation tool. However, the approach taken to gift or motivate an introvert is quite different. An introvert is a person who is mainly concerned with his or her inner thought and feelings rather than the environment. Therefore, to motivate or gift an introvert, it is very important that it is done privately and kept as quiet as possible. Introverts value their privacy and really appreciate things to be done low key, this is due to their shy nature (Ewen, R. 1998).

It is important to know how to approach introverts. They tend to be reserved and quiet people, therefore it is very important to observe silence. Speaking in low volume and limited energy, helps introverts feel comfortable and at ease. Knowing this help in identifying the right time to motivate them.

Introverts treasure their personal space. Respecting their personal space, is vital in making introverts feel comfortable and relaxed around you. This is done by allowing them time on their own, not touching there belongings and keeping ample distances always. Introverts are known to take long walks alone or sit in a corner alone to clear their heads and relax.

Staying focused on the task at hand is important in approaching introverts.

Engaging them in small talk makes introverts uncomfortable and feels out of place.

Therefore in motivating an introvert, it is important to remember to keep it as simple and low key as possible, stay focused on the achievements of the introvert being mindful of their personal space.

Reference

Ewen, R. (1998). *Personality, a topical approach: theories, research, major controversies, and emerging findings*. Mahwah, N. J: L. Erlbaum Associates.