

7 TIPS ON ATTRACTING YOUR TRIBE FOR INTROVERTS



GOD said, “it is not good for (hu)man to be alone (Genesis 2:18). So what are you doing in that corner, talking about, “I’ll just do it by myself”? Your tribe doesn’t have to be larger than life. It’s not a popularity contest. But, you do need someone(s) in your corner. Here are 7 tips to shift you from your corner to **community**.

IN·TRO·VERT: a SHEro whose super powers include her ability to recharge her batteries from within, can turn quiet time into quality time, and has a keen ability to turn her thinking inwardly. This includes deep introspection.

HER KRYPTONITE: extended periods of isolation, inward thinking that becomes judgmental, the misconception that being an extrovert, or anything other than herself would bring her greater success.



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1

When your vibe attracts your tribe, and as an introvert your vibe says, “leave me alone”, or “I’m perfectly comfortable being by myself”, the introverted SHEro, must be vocal about who and what she needs. Your super power is your ability to recharge by being alone. This does not mean you are most powerful by staying alone. Flex your muscles by asking, and asking OFTEN for EXACTLY what you need, when you need it.

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2

Go to events with the expressed purpose of making ONE meaningful connect. Take the pressure off of feeling like you have to “work” the room. Make the room work for you. You know you thrive on small and intimate interactions, so practice creating that intimacy in large settings.

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3

Give it time. I know you've probably put yourself out there a few times already, and other personalities make it look so effortless. For you my introverted SHERo, let's be honest, your incredible ability to think deeply and inwardly may be experienced by others as disinterest, or disengaged. Don't be discouraged. You'll have to do some heavy lifting in this area to let others know you're present, very much engaged, and you're interested in having a mutually beneficial seat at the table.

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4

Get out of your head and into the dialogue. No one can read your amazing thoughts and ideas. Raise your hand and open your mouth. Now, we both know that when the room is already filled with so much brilliance and conversation the introverted SHEro is probably thinking, “no need to add to the white noise”. I disagree, and I’ll say it again, get out of your head! Your voice says, “I am here and this is who I am”. You can not attract like mindedness in quietness.

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5

Trust your G.U.T. (**G**od's **U**ncanny-Nature of **T**elling You What's Up). You think too much SHEro. I really wanted to find a gentler way of saying it, but this super power of yours, your ability to introspect and self reflect, can quickly become your kryptonite if you don't learn to lean on the supernatural wisdom of God's voice. That internal stirring. You know the One. It helped you to choose wisely the last time you sensed you were in a relationship not worth holding onto. Some people you'll latch onto and it will blossom into something transcendent, while others you're learn from and let it go. It's still a WIN-WIN.

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6

Serve others. The quickest way, to get out of your own way is through the humility of service. How does this help the introverted SHEro to attract her tribe? It puts your heart on display. We've heard the popular saying, "people don't care how much you know, until they know how much you care". Service is your resume and elevator pitch all rolled up into one.

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7

Literally write out your goal to attract and build your tribe. Who's missing from your proverbial table? Think holistically, think with your growth and goals in mind. Think about learning and think about legacy (passing the baton). Plus, the introverted SHEro knows that if she waits on her feelings, or on being in the mood to get out there, let's just face it, you'll choose Netflix cocoa, and a cozy throw over leaving your house every time. So SHEro, flex your muscle and put pen to paper because what doesn't get scheduled, rarely gets done.

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BONUS⁺

I DARE TO DECLARE

I am worthy of the spaces my gifts bring me to. I will enter every interaction with my head held high because I am accepted, powerful, and anointed by God. There is room for me at the table and I will make room for others, I will be strengthened by asking for what I need.

THE INTROVERTS PRAYER

Dear God, I pray now for the wisdom to know who to let into my life. I ask for healing for times others have walked out of my life. I pray for divine favor before those that need to enter my life.

IN JESUS NAME, AMEN

ABOUT YOUR COACH

NICOLE O. SALMON

LEADERSHIP & LIFESTYLE COACH

"BE YOU.
IT'S THE MOST COURAGEOUS THING YOU CAN DO!"

Over the past decade, my personal ministry has taken me across the country and I am humbled each time I am given the opportunity to minister as a conference speaker preacher, or workshop facilitator.

Before stepping into full-time-purpose and launching my own coaching firm, I worked in the not-for profit sector for over 15 years, specifically with organizations serving communities experiencing marginality. After many years of front line work God opened the door for me to move into a management role providing oversight to a portfolio of several diversely funded skills development programs.

As a certified life skills coach and a personality dimensions level III trainer, my reflective coaching techniques, coupled with my one-to-one and group facilitation sessions, has led scores of professionals and organizations alike to a place of lasting success and high-level efficiency. Due to my unique combination of expertise, I am blessed to have emerged as a sought after keynote speaker and panelist in many corporate circles.

I have a family. And they are my first ministry. I am a proud mother of five (that wasn't a typo lol). Four ogers and one princess. A beautiful, loud, and never dull blended family of seven. Together with my husband and partner in crime Evon, we live a full and exciting life in Brampton, Ontario.

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