

About Face

Rethink what you think.

Watch the video “I am not a loner,” featuring Neal Jones.

Questions for Discussion on the Video and Inclusion and Diversity:

1. Are you an introvert or extrovert? Do your coworkers agree?

2. What do you find most challenging or beneficial about working with introverts and extroverts?

3. How does being an introvert or extrovert impact your job?

4. Do you enjoy social media such as Facebook and Twitter? Why or why not?



“A big part of my job is getting up in front of people to conduct classes and team meetings, but inside of me is a real struggle to get out there being the introverted personality I am. It’s not a life-threatening disease, but it’s something I have to keep working on.”

Neal Jones



Inclusion +
Diversity