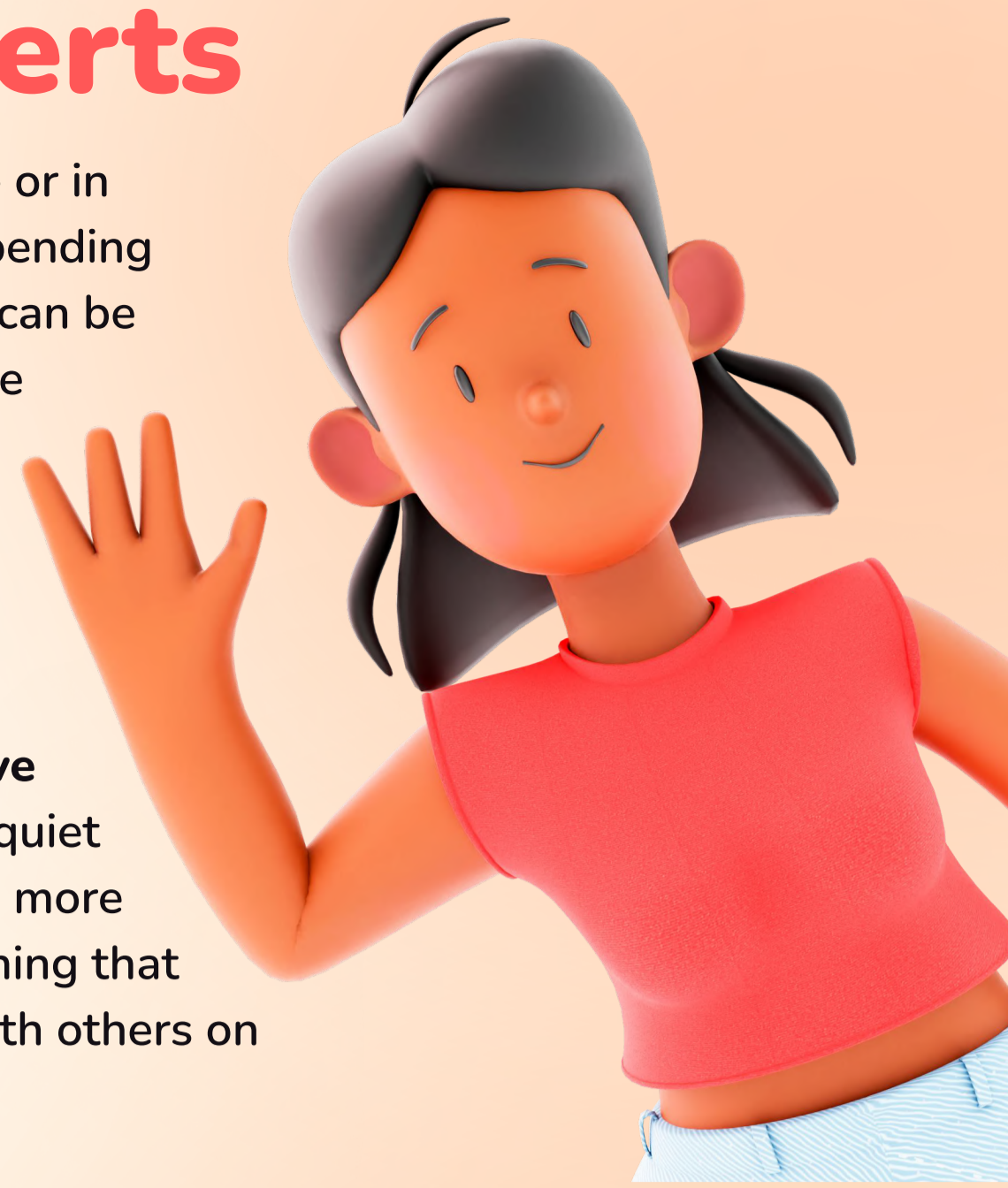


# Experiences for Introverts

Introverts are individuals who tend to gain energy by being alone or in smaller intimate settings. They often feel more energized after spending time alone or engaged in constructive and deeper thinking. They can be more internally focused, therefore valuing their inner introspective world or meaningful one-on-one connections. Socialization, especially in a large social setting, should be kept in moderation, because they might find it draining.



**From an events and experiences perspective, introverts often gravitate towards events that allow for their more introspective qualities or more intimate interactions.** They find enjoyment in quiet contemplation and meaningful engagement. They prefer smaller, more focused events, versus larger gatherings without structure. Anything that can allow them to engage in a deeper conversation or connect with others on a more personal level has a higher chance for success.

## Here are some experiences that have been loved by introverted teams:

### 1. Introspective Experiences

Introspective experiences offer introverts the opportunity to delve into their inner thoughts, emotions, and reflections, providing a valuable avenue for personal growth and self-understanding.



**Vision Board Workshop**



**Tarot Card Reading**



**Stress Management Workshop**



**Mindful Leadership Workshop**



**Workplace Mental Health Workshop**

### 2. Learning Experiences

Introverts often enjoy getting lost in a good book and exploring different worlds and perspectives.



**Art History Classes**



**Cultural Impact Classes**



**Museum Storytelling Tours**



**Diversity & Inclusion Workshop**



**Communication Skills Workshop**

### 3. Creative Pursuits

Introverts often have a creative side and may enjoy activities like painting, drawing, or crafting as a way to express themselves. Things that are musical are also appreciated!



**Calm & Create**



**Hand Lettering Class**



**Terrarium Workshop**



**Origami Class**



**More Arts & Crafts Activities**

### 4. Smaller Groups

Introverts don't always love crowds. They often feel more comfortable and at ease engaging in smaller groups.



**Watercooler Collection**



**Escape Quest**



**Mini Games**



**Codeword**



**More Small Group Experiences**

### 5. Deeper Connections

Deeper connections resonate with introverts, fostering a sense of understanding and intimacy. They like experiences that transcend superficial interactions, enriching their relationships and creating a better sense of community, relationships, and belonging.



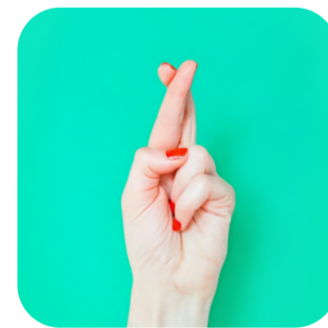
**Workplace Gratitude**



**Guess Who**



**Empathy Watercooler**



**Two Truths & a Lie**



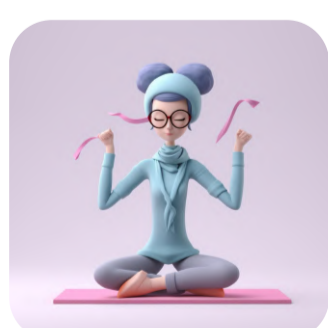
**Plug and Play Mixer**

### 6. Meditation, Yoga or things that benefit their mental health

These practices provide introverts with a stage for creating some quiet space for self-reflection, relaxation, and mindfulness. They appreciate things that can help reduce their stress and promote emotional well-being.



**Workplace Mental Health**



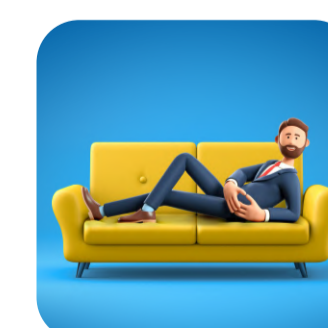
**Yoga Class**



**Sound Bath**



**Meditation**



**Relaxation Class**

### 7. Cooking or Baking

Introverts may find joy in cooking or baking as a creative outlet. Who doesn't love a homemade meal or treat!?



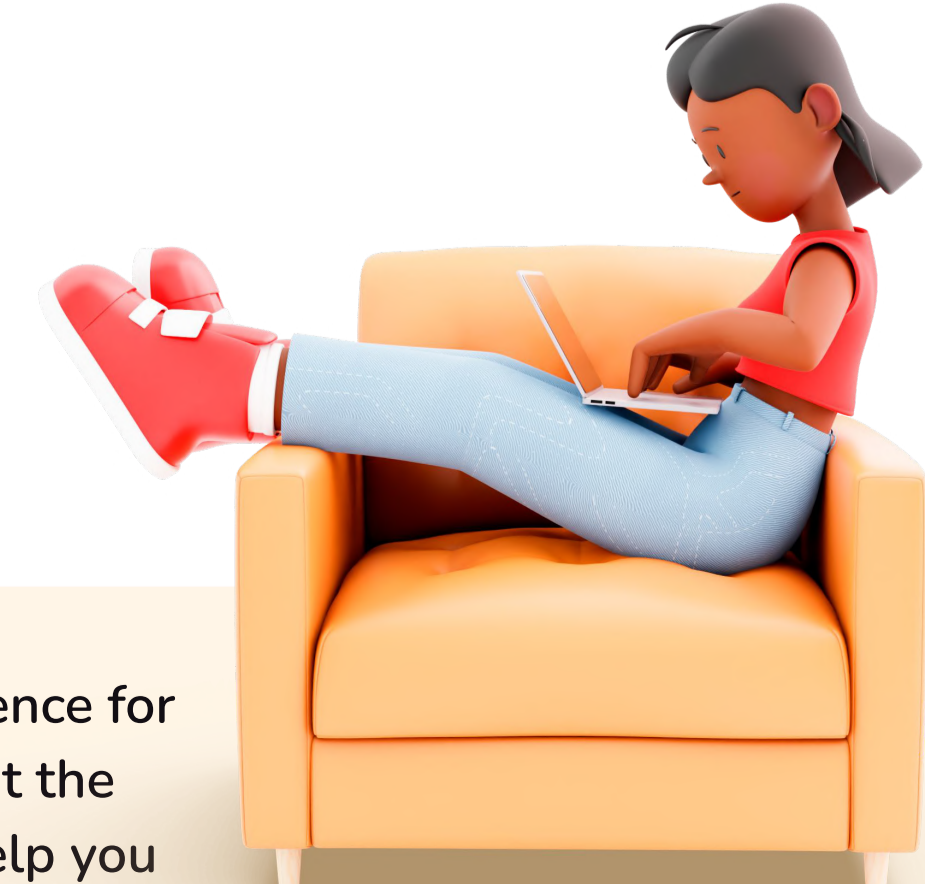
**Baking Classes**



**Pizza Making Class**



**More Cooking Classes**



Team building exercises should give a fun and welcoming experience for every member of your team. Contact us today to learn more about the variety of team-building experiences we offer and how we can help you create the best memories with the people in your organization.