

What We
Offer

The Introvert Space

Services Guide



Bringing Quiet Leadership to Life

At The Introvert Space, we empower introverts to excel in their careers by providing expert-led workshops, coaching, and tailored programmes.

Whether you're an organisation looking to create an inclusive workplace or an individual seeking strategies to thrive, we offer insights and solutions designed with introverts in mind.



The Introvert Space leading a workshop for Communication Directors at the 2024 EACD

Who We
Are

— 2025

Our Story

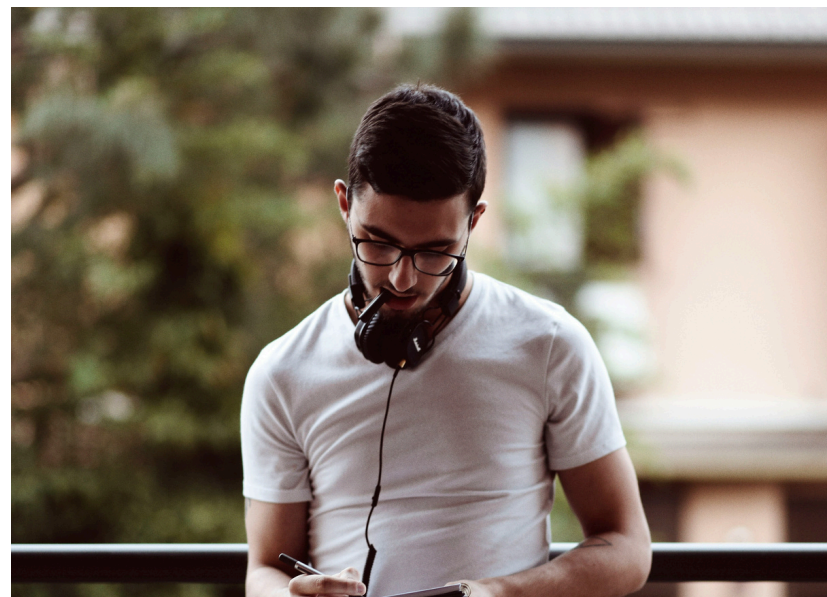
“For years, as I navigated my own career, I often felt that the resources and support available were designed for a different personality type that prioritises loud, assertive voices over more reflective, quieter approaches. That’s why I founded The Introvert Space™ to create a community and provide tools that help introverts excel.

Introverts make up more than 50%* of the workforce, yet their strengths are often overlooked. My mission is to help organisations unlock the quiet power of introverts to drive productivity, innovation and build more inclusive, effective workplaces.”

Richard Etienne, Founder



THE INTROVERT SPACE



*Myers-Briggs, 2022

What We
Do

The Introvert Space — 2025

Our Focus

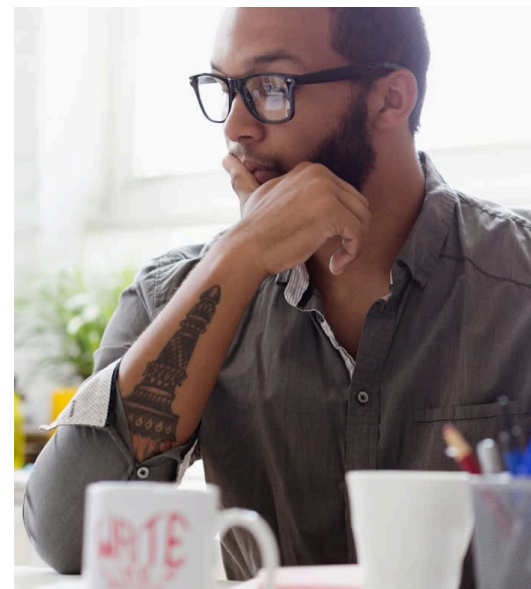


Helping introverts thrive

Equip introverts everywhere with the tools and strategies they need to succeed in today's evolving professional landscape whilst also working with organisations and educators to build more inclusive cultures that embrace different personality types.

What makes us unique

What sets us apart is our commitment to research-driven approach. These findings, along with established research on introversion and neurodiversity, form the foundation of our services and resources. We don't just offer generic advice; we provide tailored strategies that address the real-world needs of introverts in today's evolving professional landscape.



Our Core Services



Keynote Speaking



Workshops & Webinars



Coaching & Mentoring



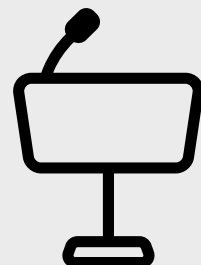
Retainer Package



Bespoke & Ready Made Toolkits



Service breakdown



Signature Speaking Package

- Bespoke keynote delivered in person or online (60–90 minutes)
- Custom content tailored to your audience
- International travel available
- Pre-event consultation
- Follow-up workshop included for multiple bookings.

Online-only Package

- Online keynote (1–1.5 hours)
- Choose from five ready-made subtopics designed to inspire and empower
- Enjoy an interactive Q&A session to deepen insights



Workshop Package

- In-person or online interactive workshops (1–2 hours)
- Group discussions and personal development activities
- Creation of workshop material
- Post-workshop materials and optional follow-up sessions
- International travel available

Bespoke and Ready-Made Toolkits

- Ready-to-use: Stream and download practical resources such as tutorials and ebooks to cover topics like self-promotion or networking for introverts.
- Tailored results: Create bespoke toolkits and personalised books in digital or print to meet your specific needs.



Retainer Package

- Ongoing speeches, training, and consulting
- Exclusive client access and tailored content
- Regular strategy sessions for long-term impact.

Coaching & Mentoring Packages

- Bespoke, one-to-one guidance for C-suite leaders, driving career growth, transformative leadership and premium personal branding.
- Direct access to Richard or a senior advisor from his inner circle for high-impact, tailored sessions reserved for distinguished professionals.
- Curated resources to accelerate personal and professional milestones.





Our Topics Include

Unlocking the Strength of Introverts in Leadership and Management

Leveraging quiet strengths for effective leadership.

Creating Inclusive Workplaces for All Personality Types

Building teams and environments where all personalities thrive.

Personal Branding for Introverted Leaders

How quiet professionals can stand out without acting out of character.

Leading and Managing with Emotional Intelligence

Reading the room, adapting communication styles and the art of active listening.

Storytelling Under Pressure: Lessons from Downing Street

How working behind the lens of power provided lessons about influence, empathy, and the role of communications in crisis.



What Others
Are Saying

Testimonials



Guest speaker on The Internal Comms Vodcast, May 2025



**Nicola Barron, Co-founder and Director at
MDMB Creative**

"I've worked with Richard at both the Guardian and the Standard, where he delivered exceptional masterclasses on introversion and personal branding. His sessions are insightful, engaging and deeply impactful. Richard creates a safe space for attendees, ensuring they leave feeling stronger and more self-assured. A truly outstanding speaker and educator."



Testimonials
**Iris Hofmann, Head of Operations,
University of Oxford**

"It was an honour to host Richard at the University of Oxford for a full day of workshops and seminars. His personal branding and confidence-building advice resonated deeply with our introverted staff and students. Richard's approachability and authenticity made him a true ally for diversity and inclusion. We hope to welcome him back soon."

As trusted by:



HM Government

**The
Standard**



Your Next
Step

The Introvert Space —

Get In Touch



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