

Panel of Experts

Tiny Habits for Introverts

Presented by Tiny Habits® Academy

Experts: Tiny Habits for Introverts



Host and Moderator
Andrea Spyros



Jess Cabrera



Eric Spencer



Eva Gruber



Jen Henry



You will:

- Learn the Tiny Habits Method
- Learn successful Tiny Habit recipes
- Feel more empowered
- Have access to more resources and support



Session Preview

- Success stories
- Live Q & A
- Tiny Habit Recipes
- Resources for You
- Power of Celebration



Jess Cabrera

Tiny Habits Certified Coach

Jess's 3 Tiny Habit Recipes

1

After I am asked for my opinion, **I will** say: I'd like more time to process. Can I get back to you tomorrow?

2

After I feel overstimulated during a meeting, **I will** walk out of the room.

3

After I get a meeting invite, **I will** open my calendar.



Eric Spencer

Tiny Habits Certified Coach

Eric's 3 Tiny Habit Recipes

1

After I put my things down on a table at an event, **I will** make eye contact and smile to one person whom I don't know.

2

After I say 'thank you' after speaking with someone new, **I will** ask if they are open to connecting on LinkedIn.

3

After I say my first comment in a conversation, **I will** take one full breath before saying anything else.



Eva Gruber

Tiny Habits Certified Coach

Eva's 3 Tiny Habit Recipes

1

After I book a big event, **I will** block out the morning after on my calendar for recovery time.

2

After I enter a place where I don't know anyone, **I will** sit down and identify someone who radiates calm.

3

After I feel nervous around lots of people or noise, **I will** close my eyes and breathe in and out to a count of three.



Jen Henry

Tiny Habits Certified Coach

Jen's 3 Tiny Habit Recipes

1

After I am asked, “How are you?”, **I will** say: Great! I’m looking forward to _____ later today!

2

After something funny happens to me, **I will** write it down in a note on my phone.

3

After I accept a calendar invite, **I will** write down one question I can ask at the event.



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