



## Black Introvert Week

February 8 – 15

Monday, 2/8/21

### Share Your Stuff Day

1. Share your articles, interviews, artwork, photography, and podcasts related to being Black and introverted.
2. Post, share, like and use #BlackIntrovertWeek

Tuesday, 2/9/21, 6 – 7:15 p.m. CST

### Black Introvert Panel - *Black First, Introvert Second: Where do I fit in?*

Black introverted executives discuss the intersectionality of being Black and introverted in leadership, and how they navigate through the misperceptions and misunderstandings to lead successfully.

Panelists: Kenny Anderson, Keni Dominguez, Darrious Hilmon, Christina Steed

Moderator: Jeri Bingham, Founder of HushLoudly

Register [here](#).

Wednesday, 2/10/21

### Introvert Resource Guide

1. Highlight businesses, books, and initiatives run by Black introverts using #BlackIntrovertWeek
2. Hush Loudly and Keni Dominguez will share their Black Introvert-owned Business Resource Guide.

Thursday, 2/11/21

### Innovation Day - By us, for us

1. Share your innovations using #BlackIntrovertWeek.
2. HushLoudly will unveil its brand new, signature, limited-edition scented candle made for introverts and by an introvert. [MoLit Candles](#) invented this special fragrance to help introverts recharge and re-energize our minds, bodies, and souls. It's called Wild Whisper and it is amazing, made by hand, in small batches, from soy poured into beautiful, repurposed wine and spirit bottles! Order this limited-edition candle today! Only while supplies last.

Friday, 2/12/21

### Introvert T-Shirt Day – Use your voice without saying a word

1. It's time for us to be seen! Post and share your HushLoudly or other introvert-themed merch using #BlackIntrovertWeek. Introverts and introvert-supporters alike are encouraged to participate!

Saturday, 2/13/21, 12 - 1:15 p.m. CST

### Introvert Love Panel - *How to Love an Introvert: 13 Tips*

A diverse group of introverts share their stories and strategies to help demystify the often-misunderstood introverted personality type.

Panelists: Andrew Bennett, Keni Dominguez, Darrious Hilmon, Jacob Marek, Christina Steed  
Jeri Bingham/HushLoudly (Host/Moderator)

Register [here](#).

Sunday, 2/14/21

### **Valentine's Day**

1. On V-Day, show love to your introverted spouse, parent, child, best friend/confidant, self.
2. Give the introverts in your life a little understanding, alone time, breakfast, a book, movie, candle, or something calming and relaxing.
3. Love yourself by honoring your need for solitude to recharge.

XOXO

Love, Jeri

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Links to articles, press release, and podcasts related to being Black and introverted.

Yahoo News, "HushLoudly Announces Black Introvert Week," 2/2/21

<https://www.yahoo.com/now/hushloudly-introduces-black-introvert-week-114900014.html>

Firsts Over Forty Podcast, "Black Introverts for Black History Month," 1/31/21

<https://firstsoverforty.libsyn.com/black-introverts-for-black-history-month>

Talent Management & HR Article "On being an introverted black woman in leadership," 12/23/20

<https://www.tlnt.com/on-being-an-introverted-black-woman-in-leadership/>

Chicago State Foundation & HushLoudly Panel, "Leading While Black and Introverted," 7/30/20

<https://www.youtube.com/watch?v=p89QwMFK2DI>

HushLoudly Podcast, "Seeing the world differently, in an introverted way and in color," 11/28/19

<https://wgnradio.com/lifestyle/hushloudly-seeing-the-world-differently-in-an-introverted-way-and-in-color/>

Introverted friends Lisa and Jeri discuss their introverted personality type and how color plays a role.