

Resources for Black Introverts

By: Keni Dominguez and Jeri Bingham 2/2/22



Black Introverted Panels

- ***Black first, introvert second: Where do I fit in?*** - Black introverted leaders talk about the intersectionality of being both Black and introverted, how they are perceived, and how they navigate to perform, excel and succeed. ([YouTube Video](#))
- ***Leading While Black and Introverted*** - A two-part series where panelist share their experiences as introverted leaders who thrive and succeed in predominantly extroverted environments. ([Part 1](#) | [Part 2](#))

Black Introverted Podcasts, Podcasters and Episodes

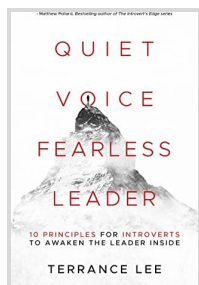
- [HushLoudly](#)
- [The Stoop: Ep 34: The Black Introverts](#)
- [Firsts Over Forty](#)
- [Introverted Black Girl Podcast](#)
- [Introverted Queen](#)
- [The Introverted Black Mom podcast](#)
- [The Introvert Sisters](#)
- [Introvert in the City](#)
- [The Chronicles of an Introverted Black Woman](#)



Black Introvert Creators and Products

- [For journals and notebooks designed by Collette Brown Rogers](#)
- [For handmade natural soy wax scented candles designed by Morgan Williams](#)
- [For hoodies, tees, water bottles and bags for introverts by HushLoudly](#)
- [For hoodies, tees and other merch for introverts by Introvert Connection](#)

Books by, about, or for Black Introverts



[Quiet Voice Fearless Leader by Terrance Lee](#) -

Terrance Lee, aka The Introvert Leader, shares 10 principles for introverts to awaken the leader.



[Timestamp: Musings of an Introverted Black Boy by Marcus Granderson](#) -

a book about a black man's journey through college and into adulthood.

Black Introverted Celebrities



Oprah Winfrey

Talk show host,
Television Producer,
Actress, Author, and
Philanthropist



Stacey Abrams

Politician, Lawyer,
Voting rights activist,
and Author



Issa Rae

Actress, Writer,
and Producer



Shonda Rhimes

Television Producer,
Screenwriter,
and Author



Viola Davis

Actress & Producer



RuPaul

Drag Queen, Television
Judge, Recording Artist,
and Model



Articles about Black Introverts

- Confessions of an introvert: A Q&A with Issa Rae - James Murray
- Black Introvert Week is a time for quiet folks to toot their horns, thanks to Jeri Bingham, who created the 'Hush Loudly' podcast - Darcel Rockett
- 4 Lessons I've Learned as an Introverted Black Girl - Nichole Nichols
- Black Women Aren't Allowed to Be Introverted - Sequoia Holmes
- Leading while Black and Introverted - Melissa Summer
- Black, Male... and Introverted - Damon Young
- Black Women Aren't Allowed to Be Introverts - Zuva Seven
- Being an introverted black woman is difficult - Rufaro
- On Being an Introverted Black Woman in Leadership - Jeri Bingham and Dr. Rachel Cubas-Wilkinson
- A Black Introvert's Guide to a Healthy Social Life - Dolisha Mitchell
- Hold Up, Black Women Introvert Too - Patrice
- My Life As An Introverted Black Woman With Social Anxiety - Kia S.
- What It Means to Be A Black Female Introvert - Valarie Stephens
- The Struggle of Being an Introverted Black Girl - Michael-Michelle Pratt
- Let's Stop Judging Introverted Black Girls - Alexandra D. Addison
- Opinion: Black women aren't allowed to be introverted in the workplace - Phylicia Wright
- I'm Raising an Introverted Black Son, so I'll Always Worry - Joanna McFarland Owusu
- Confessions of A Black Introvert: Yes, We're "Black Enough" - The Race Card
- What It's Like to Be An Introverted Black Girl - Hannah Agbeni
- MY Lived Experience of Racism as a Black, Introverted Woman - Carol Stewart MSc, FlntLM
- More Than Shy: How to Support Your Introverted Child
- Can You be Introverted and Wear Your Hair Out? - Kaya Marriott
- Jeri Bingham: The Introvert's Mouthpiece - Andre LaFontant
- Why We Need to Embrace Introverted Black Women in the Workplace - Rene Germain
- Inclusivity Includes Black Introverts - Jeri Bingham
- How Do Introverts Protest? - Jeri Bingham
- From One Introverted Black Girl To Another - Monique Petty-Ashmeade



If you'd like to be added to this list, please share and submit to jb@hushloudly.com

