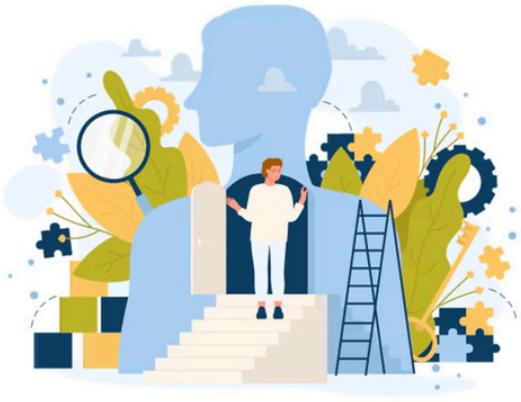
Osher Online™

A program of the Osher National Resource Center
at Northwestern University School of Professional Studies

WINTER2027

The Power of Introverts

"Introverts are hermits. Introverts don't like people. Introverts can't hold a conversation." In this course (a repeat Osher Online offering), we will unpack these myths and explore introversion as a misunderstood personality type. We will discuss the power of introverts, the exhaustion of masking as extroverts, and the stigma attached to the word itself. Together, we will consider how introverts and extroverts can better understand, support, and honor one another.



Click here to view course promo video

YOUR INSTRUCTOR: Jeri Bingham



Jeri Bingham has been an administrator and non-profit leader who has managed people, policy, and programs in academia and mission driven organizations for more than 25 years. She serves as Vice President, External Affairs and Director of Public Safety for Prairie State College. Bingham served in similar leadership roles for the Illinois Department of Public Health, Resurrection University, March of Dimes, American Dental Association, Chicago State University, Leo Burnett USA, and City Colleges of Chicago.

MONDAYS, FEBRUARY 1 THROUGH MARCH 8

4pmPT | 5pmMT | 6pmCT | 7pmET

Each live session is 90 minutes

- Monday, February 1
- Monday, February 8
- Monday, February 15
- Monday, February 22
- Monday, March 1
- Monday, March 8

To register, please contact your local Osher Institute.