

## Ohio Choral Conductors Association Conference 2018

### *The Quiet Conductor: Personality Types on the Podium*

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1. Personality types among conductors vary: where are you on the continuum?
2. “Quiet” conductors: not necessarily introverts
3. Nature of the profession: outgoing and reflective both
4. Leadership:
  - Accept; Focus; Prepare; Engage; Process
5. Accommodate personality types in the ensemble/group:
  - Balance
  - Warmups
  - Rehearsal strategies
  - Responses and interaction
6. Re-charge and rejuvenate:
  - Work-life balance
  - Be true to yourself
  - Take time to de-brief

#### References:

- Cain, S. (2014) [https://www.ted.com/talks/susan\\_cain\\_the\\_power\\_of\\_introverts](https://www.ted.com/talks/susan_cain_the_power_of_introverts)
- Cain, S. (2012) *Quiet: The Power of Introverts in a World That Can't Stop Talking*.  
New York: Crown Publishing, Random House.
- Cain, S. with Mone, G. and Moroz, E. (2016). *Quiet Power: The Secret Strengths of Introverts*.  
<https://www.quietrev.com> Check out the website called The Quiet Revolution.