

How to Survive NANOG as an Introvert

Panel Discussion Moderators:
Louie Lee (he/him) + Louie's Hat

NANOG 88
JUNE 2023



Why this session?

Mission of NANOG

We're dedicated to the ongoing advancement of an open, secure, and robust Internet, by inspiring, educating, and **empowering our community to** meet the ever-changing demands of a global network.

Vision of NANOG

To provide a platform that inspires, educates, and empowers our community to work together in building the Internet of tomorrow.

Core Values of NANOG

The global network is the foundation of our modern society. We believe in working together to meet its ever-changing demands while upholding our shared values of:

- Community
- Innovation
- Education
- Diversity

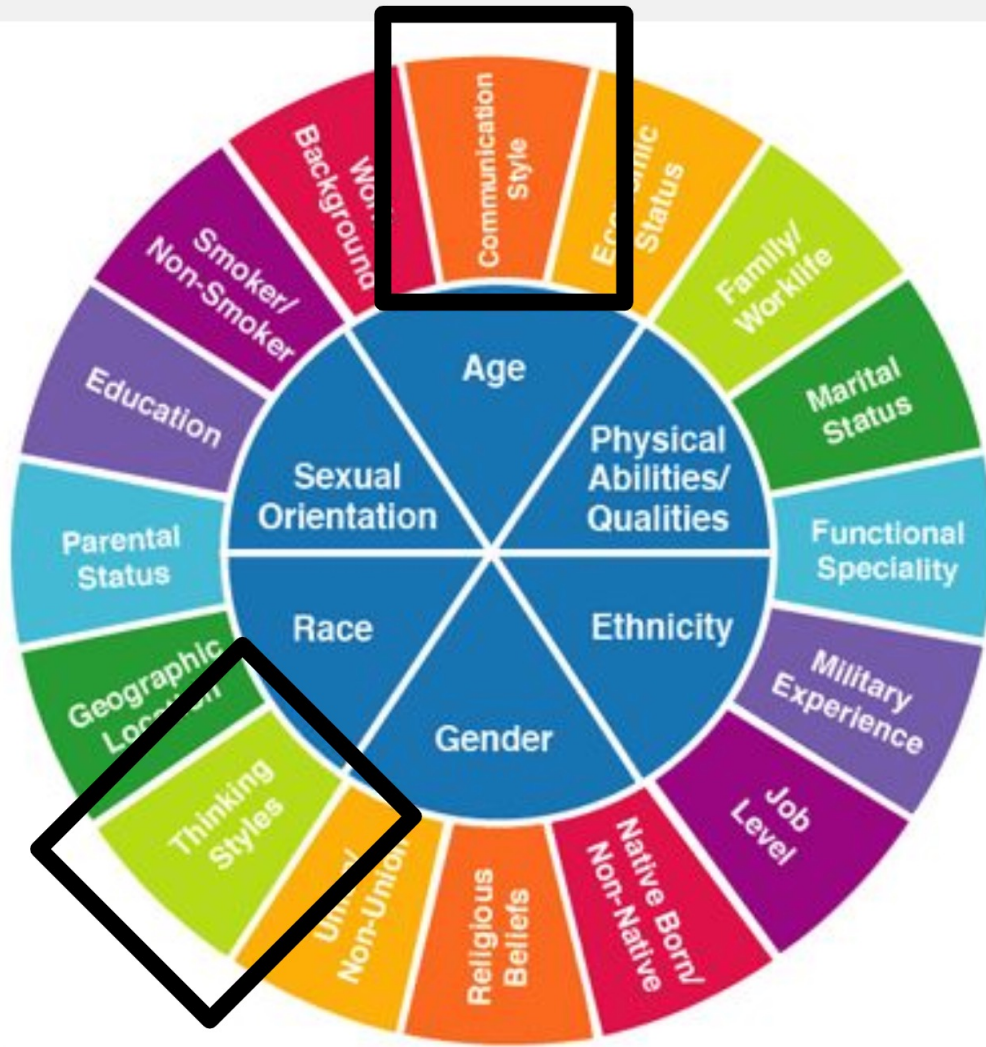
This is **NANOG**.
This is **not a technical talk**.

“Alone, we can do so little; together, we can do so much.”

– **Helen Keller**

“If you want to go quickly, go alone. If you want to go far, go together.”

– **African Proverb**



Definition

Following the definition of Susan Cain and *The Introvert Advantage*, we differentiate introversion/extroversion by the way of **how we gain energy** (and manage incoming **stimuli**)



INTROVERTS

Batteries

They need time to recharge (quiet time for themselves), as speaking and interacting with people takes a lot of their energies.



EXTROVERTS

Solar panels or sunflowers

They are energized or charged when they are around people.

Not the same as shyness

Thinking and Communication styles

Introverts

Think to Speak



THEY SPEAK
IN MIND



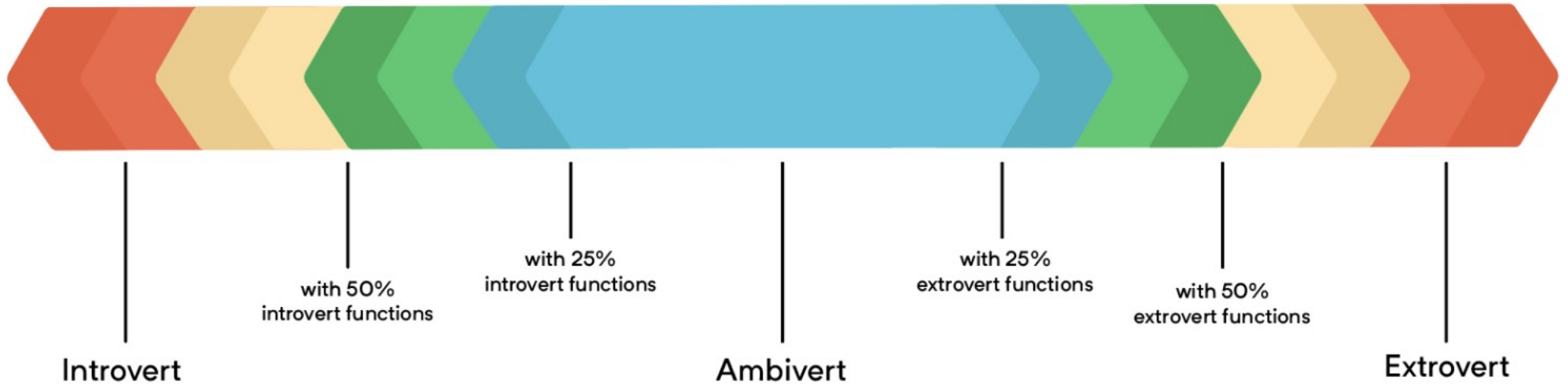
THEY SAY
THINGS OUT

Extroverts

Speak to Think

“Keeping quiet during meetings doesn’t mean I don’t care or don’t want to help. It means I’m **absorbing everything** that’s being said by others in the room. I would rather sit and **listen** to everyone’s perspectives first, then **take some time to process** what I’ve heard to eventually **come back with my own thoughts and ideas.**”

Personality Continuum Scale





Meet our Panelists





Kat Hunter

(she/her)

Comcast, Comcast LIR

ARIN AC Vice Chair

1st NANOG: "2017-ish"



Adair Thaxton

(she/her)

Internet2

NANOG PC

1st NANOG: NANOG78 (Feb 2020)



Maurice Dean

(he/him)

LynkState

1st NANOG: 1999



Lee Howard

(he/him)

IPv4.Global by Hilco Streambank

1st NANOG: NANOG26 in 2002, Eugene



Topics for discussion...

Pre-Conference:

1. What were your concerns about the conference prior to coming for the first time?
Which of your concerns were realized and which were not?
How did you deal with them?

Conference room:

2. How did you walk into a conference room with a thousand strangers?

Conference interactions:

3. How do you go about making connections and managing those engagements?

Conference return:

4. What got you to come back to NANOG meetings?

Conference stage:

5. How do you feel about being on stage in front of everyone right now?

Self-care prep:

6. What do you do to prepare yourself mentally to come to this conference?

Self-care now:

7. What are you doing this week for self-care?

Self-care afterwards:

8. How do you decompress after the conference week?

Superpower:

9. What advantages do you think introverted folks have over the extroverted people?

Last words of wisdom:

10. So, if you could summarize in a sentence or two:

How would you advise an introvert to survive the NANOG conference this week?



Q&A





Thank you.