Gendered Pronouns
Gendered pronouns include he/him/his and she/her/hers. These are typically associated with men and women, respectively. Truly, a person with any identity could use these pronouns, and they also aren't the only pronouns that exist. Here are some examples:

My friend Nadiya is the coolest. She is from Brooklyn, and her special talent is winning board games. I think I have a game piece of hers at my house.

My neighbor Billy is so nice! He baked me a pie when I moved in, and I lent him my lawnmower this summer. I check his mail when he is out of town.

Gender-Neutral or Gender-Inclusive Pronouns
Many other pronouns exist. People can pick pronouns that work for them for any reason. The benefit of a gender-neutral or gender-inclusive pronoun is that it is not inherently associated with a binary gender. Here are some examples:

My coworker Sean is brilliant. They are in our finance division, I always think of them when I have a question. Their expertise blows me away!

My colleague Franny is so fashionable! Ze is wearing a yellow scarf today that zir cousin bought in Spain. Have you seen the purple brooch of zirs?

My pal Ole is a great chef! Ae is always in the kitchen. I won a competition with aer polenta recipe -- but all the credit for the win is aers.