

This is what PRESENCE feels like:

- >Confidence
- >Comfortable
- >Passion
- >Enthusiastic
- >Focused
- >Engaged
- >On top of your game
- >Self Assured
- >Mindful
- >Crystalline awareness
- >Feeling of being acutely alive
- >Performing at full potential

Things you can do to give you confidence and strength:

- >Power positions
- >Initiate handshakes
- >Keep eye contact longer
- >Make a decision
- >Orient head and body towards others
- >Focus on the event or person you are talking to, not yourself or your anxiety
- >Make a list of positive accomplishments
- >Know your values and stick to them
- >Practice power poses every morning before work and in private before important meetings and events
- >Stand with one hand on your hip when brushing your teeth
- >Lower your voice tone
- >Program your phone to remind you to check your posture every hour
- >Nudge yourself to make one small change at a time
- >Take action
- >Be proactive
- >Strut
- >Swagger

Don't miss the outstanding programs of the
2016 Leadership Forum Series -
The Inspirational Leader

Mark your calendars:

July 20 - Evening Book Group Selection Presence: Bringing your Boldest Self to Your Challenges - Amy Cuddy

Sept 20 - Lunch Honing Leadership Skills

Dec 1 - Evening Developing a Mentoring Relationship

The Leadership Forum Series is produced by CREW Chicago to provide members an opportunity to converse and connect with the goal of growing and developing their capabilities as mindful, confident leaders, change agents, and fulfilled and effective professionals, in a collegial, supportive environment that encourages openness, and respects the integrity of each CREW member.



Leadership & Professional Development

The 2016 Leadership Forum Series

Program #3

Book Group Selection Presence:
Bringing Your Boldest Self to
Your Challenges
July 20, 2016

For more Leadership and Professional Development resources and a link to our toolkit, please visit: http://crewchicago.org/leadership_and_development_committee.aspx

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Presence:

Using vocal qualities, gestures and facial expressions to show self assuredness, confidence and enthusiasm, which are in alignment with your honest feelings, values and abilities.

1) What does presence look like and/or feel like to you?

- 1) _____
- 2) _____
- 3) _____

2) What three words best describe you as an individual?

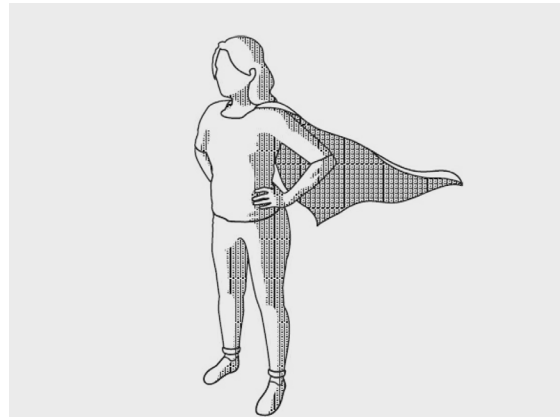
- 1) _____
- 2) _____
- 3) _____

3) What is unique about you that leads to your happiest times & best performance?

4) What are your core values based on questions two and three?

5) What can you do to give yourself confidence and strength?

Use Super Woman pose and other expansive, open body language to gain strength, confidence and presence.



Your facial expressions, postures and breathing all clearly effect the way you think, feel and behave.

