

LEADERSHIP PRESENCE

Key Takeaways

- Be completely in the moment, undistracted by anything, past or future, sharp as a razor, and flexible enough to handle the unexpected
- Build relationships with others through empathy, listening and authentic connection
- Express feelings and emotions appropriately by using all available means – words/voice/face/body – to deliver one congruent message

Target Audience

MID TO SENIOR MANAGEMENT BUSINESS HEADS



16 HOURS

Training Duration



Introduction to Executive Presence

Building Confidence and Self-Image (how you look)

Developing Gravitas (how you act)

- Definition and Importance of Executive Presence
- Key Components of Executive Presence:
 - Appearance/ Confidence (5%)
 - Gravitas (67%)
 - Communication Skills (28%)
- Self-Assessment: Identifying Strengths and Areas for Improvement

- Building Self-Confidence using different strategies
- Overcoming Imposter Syndrome (self doubt)
- Using Body Language and Non-Verbal Communication effectively
- Cultivating a Positive Self-Image and Personal Brand

- Understanding Gravitas and Its Role in Leadership
- Cultivating Emotional Intelligence:
 - Self-Awareness
 - Self-Expression
 - Interpersonal Skills
 - Decision Making
 - Stress Management
- Handling Challenging Situations with Poise

Understand Executive presence and its importance

Understand and use non-verbal cues to create your brand image

Leverage Emotional Intelligence to hone gravitas



Mastering Communication Skills (how you talk)

Sustaining Executive Presence

- Using Verbal Communication impactfully
- Projecting Executive Presence in Meetings
- Active Listening and Empathetic Communication
- Practicing Assertiveness and Diplomacy in Conflict Management
- Influencing using different techniques

- Maintaining and Enhancing Executive Presence Over Time
- Networking and Building Professional Relationships
- Leveraging Learning and Growth Opportunities

Use proper etiquette while communicating in various scenarios

Continue to maintain an Executive Presence



THANKYOU

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