

# Leadership Presence

## Personal Impact and Peak Performance

### Programme outline

#### Introduction - The Fundamentals of Presence

- Key archetypes to enable Leadership Presence
- Initial presentations and feedback
- The body as an instrument - the physical self
- Practical exercise in relaxing, grounding and being centred

#### PART 1: Sovereign - The Visionary Self

- Learning to be visible and comfortable being centre stage and being seen by many people
- Owning and radiating a sense of purpose
- Communicate a vision that others can follow

#### PART 2: Storyteller - The Mental Self

- Creating a compelling narrative that we can then communicate
- Exploring the 'Inner Critic' - the voices that may undermine us

#### PART 3: Nurturer - The Emotional Self

- Exercise to explore empathy and level of comfort with emotion
- The ability to care and to show it appropriately

#### PART 4: The Relational Self

- Connecting with the audience
- Using charm effectively

#### PART 5: Breakthrough Coaching

- Each participant receives an individual, in-depth 'breakthrough' coaching session to 'rehearse in' the underdeveloped archetype(s) or address another 'performance block' of their choice
- Turning the Inner Critic an Inner Coach

#### Epilogue

- Develop a personal action plan to rehearse Leadership Presence
- Final presentations and feedback

