

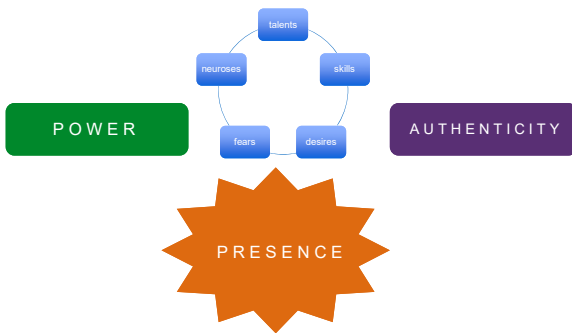
Own It!

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May 4, 2018

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Own Yourself



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About Me

My Journey to Authentic Leadership

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Getting Unstuck



Amy Cuddy's Power Poses, plus some more



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It emerges when we feel acutely attuned to our most longer fighting ourselves,

M. Dala-Camina, "How to Cultivate Presence", www.micellemoquid.com

What Presence Looks Like



PRODUCTS

PROCESSES

SERVICES

pres·ence 'prezəns/ noun

- ◆ the state or fact of existing, occurring, or being present in a place or thing.
- ◆ **the ability to project a sense of ease, poise, or self-assurance, especially the quality of manner of a person's bearing before an audience**
- ◆ **the stability of mindfulness; a clear, non-judgmental awareness of your inner and outer worlds; an alert observations of your thoughts, emotions, memories, feeling – a psychological capacity¹**

¹ Rick Hanson, "What is Mindful Presence?", www.rickhanson.net

Practicing Mindfulness: Breathe

Be still and focus

Breathe in – nose
Breathe out - mouth

Let go of your thoughts

Focus on breathing, only



YOU JUST MEDITATED

Miller, D., "6 Ways to Bring More Presence and connection to Your Relationships", <https://www.purposefairly.com/67862/6-ways-to-bring-more-presence-and-connection-to-your-relationships/>, February 2014.

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Practicing Mindfulness: Observe



1.5 min
Describe talents, skills, fears

30 sec
What you heard

Miller, D., "6 Ways to Bring More Presence and connection to Your Relationships", <https://www.purposefairly.com/67862/6-ways-to-bring-more-presence-and-connection-to-your-relationships/>, February 2014.

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Mindfulness Presence



LIVE YOUR PASSION



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Your Presence



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Leading Through Visual and Verbal Presence

The Three C's



Amy Franko, "Leading Through Visual and Verbal Presence", Association for Talent Development, October, 2015

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Leading Through Visual and Verbal Presence

Visual

- appearance
- gestures
- eye contact
- posture
- positioning



- > Look the role: dress appropriately
- > Check your body language
- > Take your 'seat at the table'
- > Set the tone
- > Breathe and pause

Amy Franko, "Leading Through Visual and Verbal Presence", Association for Talent Development, October, 2015

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Leading Through Visual and Verbal Presence

Verbal
speaking
writing
tone
phrasing
clarity
concise

helpful tips

- Breathe and pause
- Make your point up front
- Use 'because' phrasing
- Check tone, pitch, speed
- Summarize request / action
- Use short, informative subject line

Amy Franko, "Leading Through Visual and Verbal Presence", Association for Talent Development, October, 2015

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Bringing Presence and Connection to Relationships

People Who Feel Worthy
3 common traits

"You either walk inside your story or you stay outside for your worthiness."

Courage

Connection

Compassion

Authenticity



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Use Your Sense(s)








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Women and Presence

WHAT DO YOU THINK?

HELLO MY NAME IS
People Pleaser

SOMETIMES I REGRET BEING NICE. APOLOGIZING WHEN I DIDN'T DO ANYTHING WRONG, AND FOR MAKING UNWORTHY PEOPLE A PRIORITY IN MY LIFE.

SORRY TO BOTHER YOU
BUT I WANT TO TRAIN WITH THE FIRST TEAM!

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The Power of NO

NO = Nurture One's Self
Saying yes to you

...and affirms

1. You are important
2. You are clear about what you want
3. You have a choice

Lorie Concuera, co-founder and CEO, SPARK Creations, August 27, 2014

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Strategies for Developing Presence


- **Be authentic, genuine:** align your life with your values
- **Drive your destiny:** what will help, what will hinder
- **Map your path:** what works, self-defeating patterns
- **Use Lenses:** uncover impacts, biases, toxic situations
- **Grow your tribe:** advice, feedback, validation, energy

Alexandra Salamis, www.TrainingIndustry.com, March 1, 2018.


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Own It !!!

First, Engage



YOURSELF



engage
Others

CAPTIVATE YOUR AUDIENCE
Get Your Message Across, Create Presence

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Claim Your Authenticity

“Honesty and transparency make you vulnerable. Be honest and transparent anyway.” ...Mother Theresa

“Always be a first-rate version of yourself and not a second rate version of someone else.” ...Judy Garland




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Own It



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