Executive Presence - Being Present

Being present means “noticing the little things” and being in the moment. When you are present, in the moment, you can give people the time and the quality of attention they deserve. Being ‘present’ changes things. When you are ‘present’, people will believe in you, describe you as authentic. They will sense a stillness and focus that allows you to give everything to what is happening right now. Learn the secrets this program has to share, and increase your executive presence. This program is available as a live half-day workshop, an online Executive Presence Summit with follow-on coaching or as a stand-alone workbook for self-study.

HOW WILL THIS HELP?
Are you often distracted? Are you an ‘over-thinker’? Do you make simple things seem hard? Do you worry too much? Can you really multitask effectively? Some of the behaviors that are exhibited if you are not present are distraction, carelessness, inattentiveness. This program will help you: - Listen attentively. - Have the agility to be fully part of a conversation. - Show appropriate emotional intensity and show a level of awareness. - Develop a consistent personal brand.

BACKGROUND BRIEFING:
This program is part of the Executive Presence Collection. Each program deals with one quality of executive presence, and what it takes to develop that quality. This program is written and presented by Brenda Corbett, leading university educator in executive coaching and co-author Danielle Redder, Certified Sherpa Coach. This program presents ways to get into the present. It covers what mindfulness is and why should you care about it. The program will also focus on change, and how to address your fear of change so you can begin to live and be in the present.

BENEFITS DELIVERED:
Only when we are truly present do we see what is truly going on; the beauty of the day, the truth in the people that surround us. With what you learn in this program, you can be engaged. You can apply all of your brainpower, your productivity, your creativity, and your innovation to your work. Engagement is a condition that you choose. Learn how to make that choice by Being Present.