Be Seen. Be Heard.

STRATEGIES TO UP-LEVEL YOUR VISIBILITY & AMPLIFY YOUR IMPACT

MASTER LISTENING MODE

What does active listening look like for you?
What are you communicating with non-verbal cues?
Make note of ways you can hold space for others to be seen and heard in meetings.

OWN YOUR LANGUAGE

Are you aware of how your language impacts your presence?
How often you use filler phrases like "just," "sorry," "I think," or "to be honest."
Make note of how you will minimize filler words and maximize language that shows confidence.

BE INTENTIONAL WITH YOUR BODY LANGUAGE

Hands palm up increases likelihood of people acting on your request.
Make note of your habits and commit to a few ways you can use more inclusive body language.

EXECUTIVE PRESENCE MASTER TIP: Video the next time you practice a presentation. Then ask yourself the following questions:

Step 1: Watch the video from your listener's viewpoint: "Would I be influenced by what I see and hear on the video?"

Step 2: Watch with no sound. Observe your body language, eye contact, gestures, facial expressions and movements. Do you look confident? Do your "non-verbals" support or distract from your message?

Step 3: Listen without watching. Do you sound confident? How is your tone? Are speaking habits congruent with your message?