

Power of Your Presence Coaching

Menu of Topics

In our **Power of Your Presence One-On-One Coaching Package**, one of our seasoned consultants is paired with you to work on specific and targeted areas of development. From the list below, you will initially select three to five topic areas. You will then prioritize your development objectives during your initial call with your coach.

A) IMPROVING YOUR PRESENTATION SKILLS AND Demeanor

- Developing your presence and poise
- Presenting your message effectively to a variety of stakeholders
- Answering questions in spontaneous situations/thinking on your feet
- Increasing your impact with body language and voice enhancers
- Increasing your charisma for positive impact

B) INCREASING YOUR PERSUASION AND INFLUENCE

- Understanding how Behavioral Styles affect and motivate others
- Gaining positive attention of your key stakeholders
- Tailoring your message to the perspectives of others
- Assessing appropriate levels of assertiveness

C) ENHANCING YOUR COMMUNICATION AND INTERPERSONAL SKILLS

- Increasing your clarity and conciseness
- Enhancing listening skills and building rapport
- Engaging and connecting through conversation and questioning skills

D) BUILDING YOUR EFFECTIVENESS

- Staying focused on what's truly important
- Remembering to speak up – "if you don't ask, you don't get!"
- Building more Holding Power and self-esteem to deal with pressure and change
- Knowing who to listen to, or not, as you progress in your career
- Managing your personal brand as you change and grow

E) MAINTAINING YOUR BALANCE AND PERSONAL ALIGNMENT

- Keeping your energy up during periods of prolonged output
- Energizing yourself on a daily basis
- Avoiding drains, distractions and burnout
- Dealing with stress or "the butterflies" when dealing with executives or key clients
- Rebounding from career or personal setbacks

F) MANAGING CONFLICT

- Building your conflict heartiness and emotional maturity
- What to do (or NOT do) when you get mad
- Engaging in healthy conflict versus reacting and escalating the tension
- Knowing when senior executives are "testing your metal"; and how to respond effectively

G) BALANCING YOUR CAREER AND YOUR LIFE

- Why moving up is not always better
- Navigating the difficult choices on how you spend your time
- Managing your energy and your areas of focus as a leader
- Understanding the difference between a mentor and a sponsor; how to find both