

Executive Presence for Women



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Develop a strong female executive presence with this 2-day training programme. Get the personalized feedback you need to develop a more powerful presence.

Body language can account for 90% of our first impressions – but the average person spends most of their time concentrating on verbal messages.

How we stand, gesture, talk and express ourselves results in snap judgements from others regarding our confidence and strength as a leader. As a woman, you may have found yourself especially susceptible to these and other kinds of judgments.

Have you ever been told (or felt) you're too stiff, timid, aggressive, nervous, bossy, emotional, have a boring voice, or lack confidence? If you want to be considered as a leader, it's essential you manage your nonverbal messages as well as your verbal ones.

You will explore the **key components of a powerful presence** and learn and practice proven techniques to improve your ability to influence people and situations. In a supportive atmosphere, you'll get honest feedback from your facilitator and peers, benefit from **videotaping** and **improvisation practice**, and get a realistic idea of your current power image. You'll then identify and practice improving your power presence. Filled with personalized coaching and intensive feedback, this is the ideal programme for women who want to influence and maximize their executive presence.

Who should attend?

This programme "Executive Presence for Women" covers advanced techniques. It is ideal for mid- to senior level women who want to be seen as credible leaders.

"A strong confident person can rule the room with knowledge, personal style, attitude and great posture. Your image is your brand and you have only one opportunity to make that first impression. Choose to make a positive first impression."

Cindy Ann Peterson



How you will benefit

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After taking this programme, you will be able to:

- Learn how body language and verbal behaviours affect your image as a leader
- Recognize how small changes can improve your ability to be perceived as powerful
- Use your verbal and body language in appropriate ways to increase your influence
- Understand how powerful leaders vary and balance their verbal and body language depending on the circumstances
- Learn how to project confidence in any business situation
- Receive personalized coaching and thorough feedback from your instructors and peers.

During this programme you will:

- Network and learn from a diverse group of peers from different functions, industries and countries
- Develop a personal action plan to implement back at work
- Learn and practice using real-world examples over 2 interactive day

Why is this programme different?

- The programme is facilitated by an experienced female facilitator, who is an expert in business excellence, who knows what it is like for business women to work in an international environment and who understands your challenges.
- Every year, many business ladies from more than 20 different countries join this programme and over 95% recommend it to their colleagues.
- This programme is about you! You will get intensive feedback from your facilitator and a multi-cultural group of participants.
- You will bring your own business challenges to the class and these will be addressed in the programme with solutions and input from the whole group.
- You will leave the programme with a concrete action plan to ensure you are implementing the learnings back at work and become a successful business woman.

“This course was the best training class I have been to. I have never walked away from a class with so many specific action items and things I wanted to try as soon as I got back to work.”

Kristen C

What will you learn and practice?

This 2-day programme is highly interactive with exercises and role plays.

Programme Highlights:

Learning Objectives

- Identify the Key Components of a Powerful Executive Presence
- Assess Your Present Executive Image
- Apply Proven Techniques and Power Poses to Display Authentic Personal Confidence and Presence
- Recover from Verbal and Nonverbal Slip-Ups and Mismanaged Emotions to Retain Executive Presence

Understand the Pillars of Executive Presence

- Recognize That Executive Credibility Is Shaped Through Intentional Preparation and Use of the Pillars of Executive Presence
- Identify Personal Authentic Expression of the Pillars of Executive Presence
- Apply Mental Elements of Confident Presence: Reprogramming Unhelpful Self-Talk and Empowering Visualization

Leverage Intentional Presence

- Demonstrate Capacity to Use a Story to Develop and Deliver a Memorable Presence
- Evaluate Professional Presence Through Review of Video-Recorded Work and Guided Peer Feedback
- Identify Nonverbal Behavior Choices to Be Part of an Intentional Executive Presence Profile • Recognize and Avoid Use of Verbal and Nonverbal "Derailers"

Gain Impact Using Powerful Poses and Presence

- Identify and Use the Four Power Poses Archetypes to Flex to Situational Executive Presence
- Adapt Personal Presence Using Power Poses, Composure, and Emotional Management

Recovery with Flexible, Polished

- Appraise Challenging Situations and Intentionally Select Behaviors That Will Emphasize Executive Image and Reduce Perceptions of Aggressiveness or Pushiness
- Identify a Variety of Actions to Take When Needing to Recover from a Presence Slip-Up

Booking details

 Duration	2 Days
 Type	Classroom
 Price	€2950



ALSO AVAILABLE AS AN
IN-COMPANY PROGRAMME

Register Now

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