UNFORGETTABLE PRESENCE
How to Use Your Body Language to Communicate with Stronger Impact and Connection

PROGRAM DESCRIPTION

Don’t let your intensity hold you back! Your body language says more about you than your actual words, and people cannot hear the intent of your message when they can’t get past how you are delivering it. This program challenges leaders to take accountability for their leadership presence, teaches them how to see what most people miss, leverage the four power zones on the body to communicate with authentic confidence, and flex their style to show empathy and collaboration.

Your presence matters and the best leaders know how to use their body language to meet people where they are. This session will get you out of your seat, make you laugh, and change the way you see yourself and others.

PROGRAM OBJECTIVES

- Discuss impact of nonverbal communication
- Use the 4 power zones on body to communicate with confidence
- Understand the look and feel of empathy and collaboration
- Communicate with stronger leadership presence

PROGRAM LOGISTICS

TIMING OF PROGRAM
60 Minute Keynote Presentation

SUPPORTING MATERIALS
All participants will complete a learning map

EMOTIONAL INTELLIGENCE COMPETENCIES Targeted
Emotional Expression | Assertiveness | Empathy | Interpersonal Relationships | Flexibility