Command a Room
Executive Presence & Leadership Success
How we are perceived

Vocal: 38%
Verbal: 7%
Visual: 55%
5 Elements of Strong Presence

1. Authenticity
1. Authenticity
5 Elements of Strong Presence

2. Body Language
Body Language

- Walking
- Sitting
- Standing
- Habits
- Micro Expressions
- Signs of Stress
- Eye Contact
3. Vocal Tone
Tone Matters
Voice

• Clarity
• Tone
• Pitch
• Pace
• Volume
• Inflection
• Fillers
5 Elements of Strong Presence

4. Energy
Energy

Body Language = What they SEE

Voice = What they HEAR

Energy = What they FEEL
5 Elements of Strong Presence

5. Consistency
Consistency

- Client to Client
- Client to Staff
- Office Space
- Online
How

Self Assess
How Study people you admire
How

Choose Keywords
Manage your Intention
How

Choose one thing to work on

JUST ONE THING