

## **American Management Association's Executive Presence for Women**

### ***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

### ***Mental Elements of Executive Presence***

- Apply the Principles of Composure and Confidence to Exude Presence
- Frame Self-Talk and Visualization So They Help You Achieve Your Desired Executive Persona
- Integrate Internal Confidence Tools to Power-Up Your External Behaviors

### ***Verbal and Nonverbal Elements of Executive Presence***

- Recognize That Credibility Is Shaped Through Intentional Use of the Pillars of Executive Presence
- Identify Personal Authentic Expression of the Verbal and Nonverbal Elements of Executive Presence

### ***Intentional Presence***

- Demonstrate Capacity to Use a Story to Develop and Deliver a Memorable Experience
- Evaluate Professional Presence Through Review of Recorded Work and Guided Peer Feedback

### ***Powerful Poses for Impactful Presence***

- Identify and Use Power Poses That Support Both Feeling and Behaving with Presence
- Apply a Five-Step Process for Emotional Management

## ***Recovery with Flexible and Polished Presence***

- Appraise Challenging Situations and Intentionally Select Behaviors That Exhibit Executive Image and Reduce Perceptions of Aggressiveness
- Identify a Variety of Actions to Take When Needing to Recover from a Presence Slip-Up
- Analyze and Adapt Personal Presence in a Simulated Meeting Situation
- List Strategies for Consistently Exhibiting a Flexible, Polished Executive Presence