



Executive Presence for Women

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Develop your own personal authentic executive presence as a woman in an international management role.

Highlights

- Understand the key pillars of executive presence.
- Use story telling as part of your communication strategy.
- Learn how to recover from verbal and non-verbal slip-ups and mismanaged emotions to retain executive presence.

Key Competences

- Executive presence
- Communication skills
- Story telling skills
- Managing emotions
- Verbal/non-verbal skills
- Confidence skills

The Right Programme for You

You are a woman in a middle or senior management role. You want to be seen as a credible leader. This programme gives the key skills you need to improve your verbal and non-verbal executive messages and presence

Senior Managers

Managers



Learn, Practice and Use

- **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
- **Learn** how to project confidence in any business situation
- **Explore** and practice the key pillars of executive presence
- **Learn** how to adapt your composure and manage emotions in difficult situations
- **Identify** strategies for dealing with slip-ups and learn how to recover quickly
- **Avoid** being seen as aggressive or pushy by knowing what strategy to take
- **Develop** your own personal authentic expression of executive presence
- **Assess** your own current executive image and keep what is working well
- **Practice** all these new skills in a safe environment with lots of relevant feedback
- **Share** your knowledge and challenges with your peers and MCE's highly experienced faculty

Practical Information

Face-to-Face



2 days
€2,995

Includes free membership

All participants get free access to MCE's Women's Leadership Centre including special offers, networking events, exclusive content and more.

Available In-Company

The programme is available as an In-Company solution for your teams. More information at mce.eu/inco

Programme Modules

1

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

2

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”

3

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

4

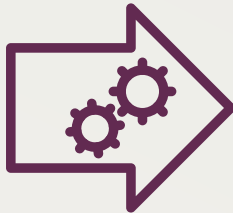
Recovering from Slip-Ups

- 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



Learn

the key business skills and knowledge you need for your management role today and tomorrow



Practice

the skills you learn and get feedback, recommendations and coaching



Use

what you learn and practise as soon as you get back to your office

For more information please contact:



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