

Session #7: Presence

PRESENCE – is the poise and confidence that is the natural result of the other Practices. It’s being comfortable in your own skin and not trying to be someone else. It comes from knowing that you’re doing the right things and you’re prepared. It includes a firm handshake, combed hair, speaking clearly, good posture, arriving early, making conversation, and sending ‘thank you’ notes. It’s also being respected by others. *Presence is the total package.*

How do we coach it? First, learn all the components that create your Presence. Then provide candid feedback on opportunities for improvement and provide specific instruction. The truth may be uncomfortable, but if their coach doesn’t tell them, who will?

Purpose of the Session: Understanding the meaning of PRESENCE and the impact it has on success.

AGENDA (~1 hour)

I. Check-in (each individual) (~10 minutes)

1. Introduce yourself: State your Name, School/Company, Sport.
2. State your mindset coming into the meeting (share something about your day, or recent happenings in your life).
3. Prepare to be in this moment, engaging and listening to others.

II. Discussion Questions (~30 minutes)

The Components of Presence

1. How many of the *Things that Ruin A First Impression Immediately* do you think you do well and how many do you need to work on? Compare your list to your Csss assessment of the first time he/she met you.
2. Were there any Components that you were surprised to see on the list? Why?
3. Which of the Presence Components are your best? Which ones will be the most difficult to work on and achieve?

Does Improving Your Presence Mean You’re an Imposter?

1. Which of the 5Ps did you hear in her story?
2. When have you felt like you were “faking it”? What were you working to become?

The Impact of Presence

1. What do you believe the people involved in HA have in common?
2. Why would living the 5Ps make you a 'leader'?
3. Thinking of the teams or groups you've been a part of, have you or someone else had an influence on the culture? How was it done? What impact did it make - good or bad?
4. Can you imagine an example of how your presence could positively influence someone?

III. Student-Athlete Homework (ongoing)

1. Congratulations on becoming a **Certified 5 Practice Leader!** Be sure to include this in your LinkedIn profile under Licenses & Certifications - have questions on how to do this? Reach out to jaredweston@handshakeamerica.org
2. Join the [Handshake America Alumni Locker Room](#) (an exclusive access email will be sent to you)!
3. Update us with your personal email address (not your high school-issued email) so we can stay in touch about news & upcoming events (can provide to Coach or Jared Weston)

IV. Check-out (~10 minutes)

1. What's your biggest takeaway from this PRESENCE session and why?
2. Take a quick video (*landscape mode preferred*) of your team introducing themselves (full name, school, & biggest takeaway from the program), and send it in with Coach Check-Out form.
3. Record a separate team video saying, 'Thank You!' to our donors and volunteers and send it in with Coach Check-Out form.
4. **All Students & Coaches** Complete Post-Session Survey, link below (<2 min)
5. **One Coach** Submit [Coach Check-Out Form](#) (<2 min) (*Session Attendance, Team Photo, and Next Meeting Date/Time/Location*)

Post-Session Feedback

Surveys to be completed within 24 hours of meeting completion

Please share your Presence Session Feedback via this brief survey - [Presence Survey](#)

[COACH CHECK-OUT FORM](#) (*only submit one per Team meeting*)