POWER AND PRESENCE
A Notion workshop for people looking to elevate their power and presence at work

THIS ENGAGING, INTERACTIVE AND PRACTICAL LEARNING EXPERIENCE WILL PREPARE PARTICIPANTS TO:
— Find and elevate their own personal power
— Strengthen their presence with executives, peers and other team members

PART 1: ELEVATING YOUR OWN PERSONAL POWER
Participants will:

• Discuss the importance of power at work and explore the role power plays in different work scenarios
• Learn how to find and use their own source of personal power
• Explore ‘blockers’ to owning their power and identify ways to overcome those blockers to elevate their power at work

PART 2: STRENGTHENING PRESENCE WITH OTHERS
Participants will:

• Learn about the different types of presence at work and discuss ways presence can make or break the outcome
• Reflect on their own strengths and challenges when it comes to presence
• Discuss strategies for strengthening and maintaining a powerful presence at work
• Participate in exercises around presence and create a plan to put those exercises into action day-to-day

WHAT TO EXPECT
During this one-day workshop, participants will discuss power and presence at work. Through individual, partner and group exercises, participants will:

• Identify practical ways they can tap into their authentic selves to strengthen and build their own personal power and presence
• Share stories with others and engage in peer coaching and mentoring
• Practice power and presence in a safe and supportive environment
• Identify ways to put best practices into action day to day

Upon completion of the workshop, employees will receive self-paced materials and activities that reinforce the key concepts discussed, and help them to further develop their skills.

WHAT WE HEAR
Employees are asking for help.

“Sometimes I feel strong and effective and other times I feel so powerless at work. I really need these types of experiences to learn best practices and understand what works well for others.”

“My manager told me that I could benefit from strengthening my presence – I would love some help with that.”

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