



EXECUTIVE PRESENCE

Program Overview

In this two-day course, we will examine the ten characteristics found to be determinates of executive presence. Participants will explore their own perceptions and embodiment of executive presence and learn verbal and nonverbal communication behaviors that can enhance credibility.

To apply these elements in high-pressure situations we will explore how to access and maintain peak performance, leveraging the extensive research background that informs performance psychology. Success in most settings relies on the executive's ability to react in situations that display substantial variability in environment, audience, or other contextual factors. In performance psychology this skill is typically termed improvisation. Rather than being a gift, this type of flexibility and adaptability must be trained in anticipation of the challenges that professionals face to maintain high levels of performance.

The use of principles, tools, practices, skills, visualizations, and mindsets may result in personal development, creativity and innovation, and meaningful change.

Program Agenda (In-person delivery)

DAY 1 FACULTY: DR. ALEXA CHILCUTT

9am - Noon

Perceptions of executive presence
Impression management
Case study

1pm - 4pm

Executive presence characteristics
Nonverbal aspects of projecting confidence
Constructing a leadership pitch

DAY 2 FACULTY: DR. ALEXA CHILCUTT & DR. CARL DUPONT

9am - Noon

Defining your voice
Improvisation techniques
Performance psychology

1pm - 4pm

Delivering your leadership pitch
Performance feedback