

Day 7 Presence

What is this squiggly skill?

When you have presence, people want to follow you and your ideas have more impact. Presence is personal but there are things we can all do to increase our presence in the moments that matter to us.

Recommended Resource



Top 25 TED talks
The most popular TED talks of all time

Recommended Listen



Squiggly Careers #307
How to improve your presence at work

Ideas for Action



Face & Space

Face - Presence comes from the energy you bring into a room or a Zoom. Smiling when you are speaking or listening to others creates a positive impression and makes you more memorable.

Space - Plan your physical presence in a space. If it's virtual, *are you in the centre of the screen and well-lit?* If it's in person, *can you be seen and heard?*



Rehearse your start

Starting well sets you up for success. Rehearse your start out loud. Focus on being calm, confident and clear.