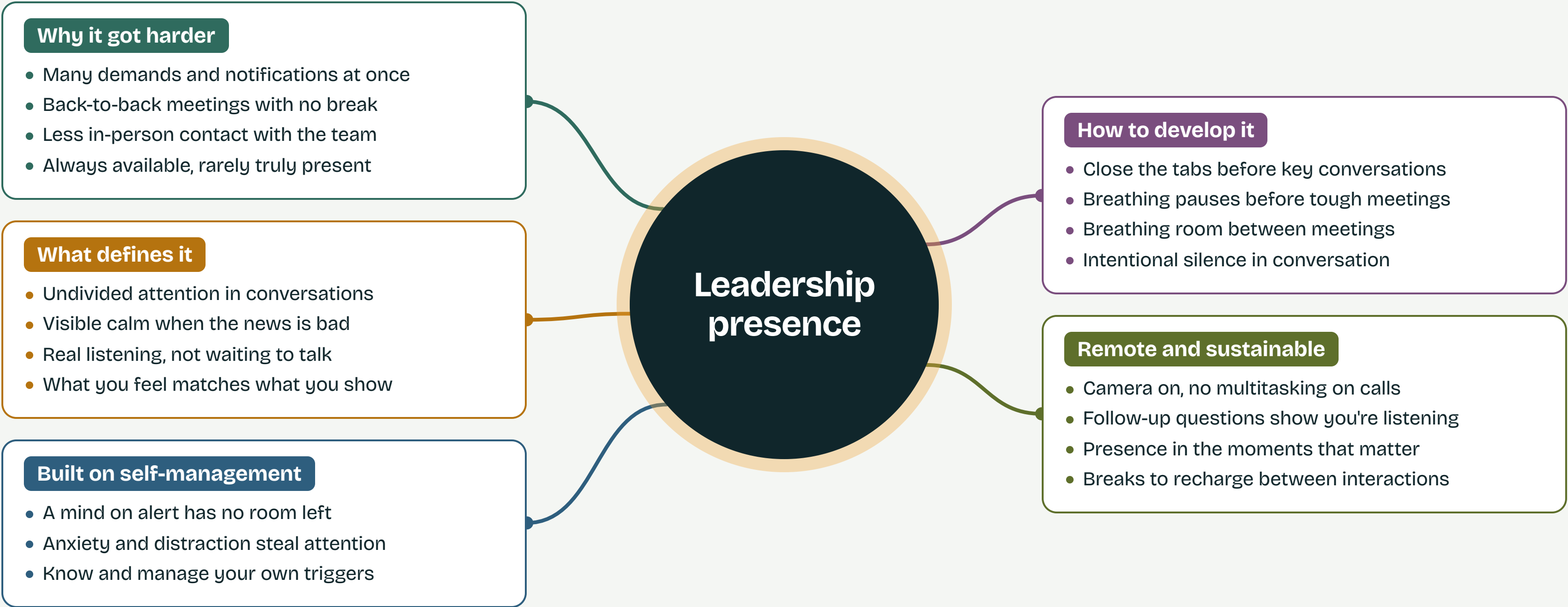




Leadership presence: what it is and how to build it



Action plan

1

Build gaps between meetings into your calendar

2

Reschedule if you can't be fully present

3

Close other tabs before important conversations

4

Breathe slowly before difficult meetings

5

Practice intentional silence and let the other person talk

Key takeaway

Presence means full attention in the moments that matter, and it starts with regulating yourself.

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