



## PERSONAL BRAND AND PRESENCE

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"As I look to a more senior role, the more I can practice now and know about being faced with different situations and characteristics and the tools/techniques that I have in my armoury to deal with these situations will make challenging situations easier to deal with. So powerful watching yourself back on video as you can clearly see your verbal/physical movements and how to improve."

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### MORE FEEDBACK

*Speaking in front of different audiences is critical to my role – but every audience you deal with and the message you are trying to land requires a change in pace, body language and messaging. This workshop hugely has helped me think about how I present and what I need to change to land messages with impact (but in a way I feel comfortable with).*

*Really helpful practical guidance particularly through practicing presentations. An appreciation of what contributes to and detracts from your brand (both noticing what I already do which helps and what I can do to further enhance my brand). "It's not personal" – I think this insight can help me in so many ways.*

*Really relevant content as it was tailored to our needs and adjusted during the day based on discussion points which was really helpful. The section I found most useful was the presentations (including both the feedback and chance to do again). In terms of immediate benefits, I've already thought about how I come across in meetings and email conversations and actioned these changes. Looking forwards, practicing the techniques I learnt when presenting to others will help me to enhance my impact. Use of empowering beliefs to give me the confidence to make bolder decisions.*