

# 5 QUICK TIPS TO INCREASE YOUR PRESENCE



People with strong presence are often described as 'someone who just walks in the room and owns it'. Presence is a key factor in being able to communicate and present effectively. And given that there's no presence 'gene'(!), what can you do to increase your presence right now?

## 1. CULTIVATE OPTIMISM

Humans are hard wired to fix things, to go immediately to what's wrong. Shift perspectives to think about what's positive about a situation, about you or your performance.

## 2. BE YOURSELF...AND A LITTLE BIT MORE

When you think of people in your life, personally or professionally who demonstrate presence, chances are, they are approachable, and make you feel special, like they're just talking to you. That takes energy. And intention. And genuine interest in other people.

## 3. STOP WORRYING ABOUT WHAT OTHER PEOPLE THINK

The fact is, people are thinking about you a lot less than you probably think. They have their own issues and lives to deal with. You can't control how people will respond to you, you can only focus on presenting yourself in the best and most authentic way possible, and trust that's enough.

## 4. ACKNOWLEDGE YOUR STRENGTHS

Can you confidently name your top three strengths? People with presence know what they're good at. And they confidently demonstrate their strengths in a genuine way. It's not about bragging or bluster. You need to have clarity about your strengths so you can leverage them for both challenging situations and opportunities.

## 5. BE A GOOD LISTENER

Be curious, and humble enough to know that no one knows it all. Ask good questions, and actually listen to the answers. Be present to stay in the moment.

For a free 30 minute strategy session,  
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