



# *The Presence Effect:*

## **Why how you show up determines what happens next**

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In interactions with others, presence is the go/no go factor that determines whether people say “Yes!” or “No way”. Presence is the ability to be fully conscious and aware in the moment, creating a flexible, spontaneous and trusting relationship with co-workers resulting in greater productivity and team engagement. In this eye-opening session, you will explore the impact of how you show up on daily basis and why authentic presence is an optimal strategy for engaging people, creating better connections and improving performance.

In today’s high stress workplaces, it can be challenging to stay focused on what’s important and not become distracted by the myriad demands of the day. Research suggests that there is a direct correlation between a leader’s presence and team well being and performance. Presence also influences customer experience and satisfaction. By cultivating mindful presence, we can heighten our awareness of our impact on others, enhance our listening skills, more effectively manage our emotions and boost our emotional intelligence.

In this session participants will learn:

- the relationship between emotional intelligence and personal presence
- what it means to have deeply authentic presence
- how to manage negative thoughts and feelings
- ways to decrease reactivity in stressful situations
- how to use focused attention to create awareness, clarity and calm
- 5 competencies of emotional intelligence
- 3 simple strategies for cultivating personal presence

NOTE: This session is well suited for individuals, teams, managers or leaders. It is also relevant for front line staff or people working in customer service or directly with clients.

Available as a 60 or 90 minute session, or as a half or full day workshop





## Laurel Vespi

*Motivational Speaker, Award-Winning Author,  
Certified Life Coach*

Mindfulness, productivity and life engagement expert Laurel Vespi is an engaging and powerful motivational speaker with a humorous and down-to-earth style. She shares simple and practical strategies, so people can reduce stress, improve workplace productivity and create moments of calm in the midst of a hectic and distracted world. Laurel helps people close the gap between good intentions and achieving meaningful goals.

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. Laurel has a Master of Education degree, is a Certified Professional Coactive Coach (CPCC), and is credentialed as a Professional Certified Coach (PCC) from the International Coach Federation. Laurel has more than twenty years of experience in mindfulness practice, has completed training with Mindful Schools and is a Certified Lifestyle Meditation Teacher.

Laurel has been featured on several television and radio programs including Global, City TV, CTV, Alberta Prime Time, CBC Radio, EZ Rock, CHED and a variety of print media including newspapers, Readers Digest, Homemakers Magazine and Be Fabulous Magazine.

Laurel is the author of two award winning books **Spontaneous Combustion: Setting Your Life on Fire** and **To Be Awake**. Laurel is also the host of the popular podcast **The Being & The Doing**.



To learn about coaching, read Laurel's blog, listen to her podcast, or book her to speak visit [laurelvespi.com](http://laurelvespi.com)

