



The Presence Effect: Why how you show up determines what happens next

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.

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 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 this session participants will learn:

- why personal presence is a key factor in building relationships
- the connection between emotional intelligence and personal presence
- how to use focused attention to create awareness, clarity and calm
- 3 simple strategies for cultivating personal presence

This is a 90 minute session.





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.

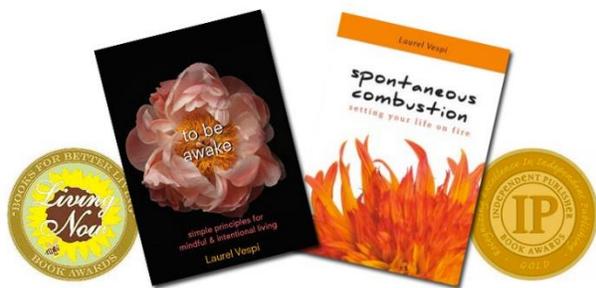
Laurel guides people to create the mindset, skills and routines that allow them to not only enjoy the beautiful moments of life but also manage the challenging ones. Her goal is to help you find the sweet spot where mindfulness meets resilience.

Motivational Speaker, Award-Winning Author, Certified Life Coach

Laurel has more than thirty years of experience as an educator, consultant and group facilitator. She 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**