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| ABOUT  MONICA KERIK  Monica Kerik is a TEDx speaker, well-being and resilience content creator and facilitator, and an ICF-certified coach with over 2,700 hours of coaching experience.  Monica has a unique mix of strategic thinking, data-driven insights and human understanding, and a passion for life and serving others. Her individual and corporate clients can expect a balance of curiosity, empathy, thoughtfulness, and a willingness to ask the hard questions in the areas of mental well-being, resilience, relationships, emotional regulation, self-confidence, and work-life balance.  Monica has a deep intercultural, interracial, and interreligious understanding based on a 15-year career in Account Management and Strategic Planning for top Advertising Agencies in Mexico City, London, and New York coupled with traveling to 45+ countries, certifications in Buddhism, Meditation, Positive Psychology, Therapeutic Techniques, and Organizational Leadership. |





LEADERCAMP

## ELEVATE YOUR EXECUTIVE PRESENCE

WITH

MONICA KERIK

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Executive presence is the ability to inspire confidence, command respect, and lead with authenticity. In this Leadercamp, you’ll explore the key components of executive presence, including effective communication, emotional intelligence, and decision-making under pressure.

In today’s fast-paced and interconnected world, executive presence is more than just a leadership advantage—it’s a critical differentiator for career success. Whether you're presenting ideas in high-stakes meetings or navigating complex team dynamics, your ability to project confidence and remain composed during challenging moments, directly influences how others perceive your leadership potential and readiness for greater responsibilities.

Join us in Monica Kerik’s *Elevate Your Executive Presence* Leadercamp to learn about executive presence, which is the ability to inspire confidence, command respect, and lead with authenticity.

PARTICIPANTS WILL:

* Understand the foundational elements of executive presence.
* Develop strategies to communicate with clarity, and authenticity in high-pressure situations.
* Learn techniques to regulate emotional responses and maintain composure during challenging interactions.
* Craft a plan to find your executive voice leveraging your strengths and relationships effectively.

#### PREPARING FOR THE LEADERCAMP

The Leadercamp Guide can be used as a tool for facilitators and participants to get the most out of a Leadercamp experience. It includes an overview of what will be covered in the Leadercamp, information about the Cristina Costa, and suggestions for different ways you and your team can learn together or individually. Each guide concludes with application and reflection prompts to apply what you’ve learned.

##### About This Guide

This guide will help you prepare for and facilitate the program ***ELEVATE YOUR EXECUTIVE PRESENCE***. The purpose of this guide is to help you generate a dialogue among participants and apply key concepts from the presentation to your own learning objectives. The guide can be leveraged effectively for both large and small groups.

##### The Audience

This program is for executives, managers, supervisors, and line staff. Ideally, the materials should be presented in a group setting, where the responses of others can be discussed and shared.

##### Watch As a Team

Prior to the Leadercamp, Zoom links are set up in Percipio. To host the Leadercamp for your team with Zoom, clink on the Zoom link for the Leadercamp so that it’s ready to start on your screen. Then start a Zoom meeting, share your screen, and when you get asked what you want to share, choose the browser window with the Leadercamp ready to play. Select **Share** and enjoy! Be sure to contribute to the discussion in the chat feature.

##### For Individual Viewers

Watching alone this time? No problem. Click on the Zoom link in Percipio for the Leadercamp and begin watching. Get the most out of the event by participating in the conversation via the chat feature and by taking notes. And don’t forget to ask any questions you may have during the Q&A session.

#### APPLY WHAT YOU’VE LEARNED

Answer these questions to reflect on the Leadercamp and reinforce the ideas, practices, and strategies you’ve learned.

1. What aspects of executive presence do you feel you excel at, and which ones do you feel you could improve on?
2. Can you share an example of a time when you demonstrated executive presence in a challenging situation?
3. What are some specific techniques or strategies you learned during the Leadercamp that you plan to implement in your own leadership style?
4. ****How can you apply what you learned about effective communication during the Leadercamp to your interactions with team members and colleagues?
5. What role does emotional intelligence play in executive presence, and how can you develop this skill further?
6. What steps can you take to maintain your composure and project confidence when faced with high-pressure situations in the workplace?