Leadership Presence Practices

Ground • Center • Speak • Lead



Presence is a practice.

These powerful and practical practices support women leaders - especially those navigating high-stakes spaces where confidence, clarity, and grounding are essential.

Use them daily, before meetings, or as part of a leadership routine to strengthen executive presence, self-trust, and embodied leadership.

YOUR PRESENCE PRACTICE MAP

Ground	Reframe	Speak	Anchor	Connect

"I am prepared. I am powerful. I belong here."

Five Practices for Executive Presence

Build a repeatable routine that grounds your body, sharpens your mind, strengthens your voice, and deepens connection.

Grounding & Centering

- 3-Minute Breathwork Reset: inhale 4, hold 4, exhale 4; repeat before a meeting or call.
- Body Scan Check-In: notice tension in your jaw, shoulders, or hands and release it.
- Rooted Posture Practice: feet flat, spine tall, shoulders back - visualize yourself grounded and immovable.

Mindset & Affirmations

- Leadership Affirmations: repeat empowering statements that reinforce confidence and belonging.
- Power Reframe: reframe nervousness as excitement or purpose-driven energy.
- Confidence Visualization: picture yourself succeeding - hear your voice and see your impact.

Voice & Verbal Power

- Morning Voice Activation: read aloud or use vocal warm-ups to project strength and clarity.
- Intentional Silence: use strategic pauses to slow your pace, gather your thoughts, and command attention.
- One Bold Statement: prepare one clear, confident message you want to communicate in any room.

Environmental Anchors

- Dress with Intention: choose clothing or accessories that make you feel strong, aligned, and expressive.
- Power Object: carry a small reminder of your strength or your “why.”
- Signature Ritual: use music, mantra, or movement before major engagements.
- Ask a Powerful Question: presence is not just being seen - it is making others feel seen.

Relational Presence

- Make Eye Contact with Intention: connect with one person at a time to increase control and connection.
- Active Listening: stay fully engaged; presence is as much about how you listen as how you speak.

COACH KRISTEN NOTE

Presence is not performance. Practice until grounded confidence feels like your natural way of entering the room.

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The “First 5 Minutes” Leadership Ritual

A personal, repeatable warm-up for key leadership moments.

A “First 5 Minutes” Leadership Ritual is an intentional practice you use to ground, center, and lead with clarity in the first five minutes of any key leadership moment - whether it is a meeting, coaching session, presentation, or high-stakes conversation.

This ritual is especially powerful for women navigating leadership spaces where presence, voice, and energy set the tone before words are even spoken.

WHAT IT DOES



ANCHOR

Anchors you in your power and purpose.



SET THE TONE

Sets the emotional and energetic tone of the space.



SIGNAL PRESENCE

Communicates confidence, readiness, and leadership presence.

WHY IT MATTERS

- You own the room before the agenda starts.
- You signal intentionality to others - and to yourself.
- You step into the moment on your terms, not on autopilot.
- You reduce nerves and increase presence.
- Open with a question or acknowledgment that centers your authority.
- Use a confident pause before speaking.

Think of it as your leadership warm-up - one that helps you show up as your highest, most aligned self.

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Build Your Ritual

Combine body, mind, voice, and energy into a repeatable practice that feels like you.

1. Body

- Deep breath and posture reset
- Roll shoulders back, chin up
- Ground feet to feel rooted

2. Mind

- Choose one leadership mantra or intention: “I lead with clarity and calm.” / “This space needs my voice.”
- Quick visualization of success

3. Voice

- Say your name and role with conviction

4. Energy

- Play a short piece of music or a power song before entering the space
- Use scent, touch, or movement to reset

YOUR 5-MINUTE FORMULA

01	02	03	04
BODY	MIND	VOICE	ENERGY

Choose only what helps you feel more grounded, clear, and fully present. The ritual should support your leadership - not become another performance.

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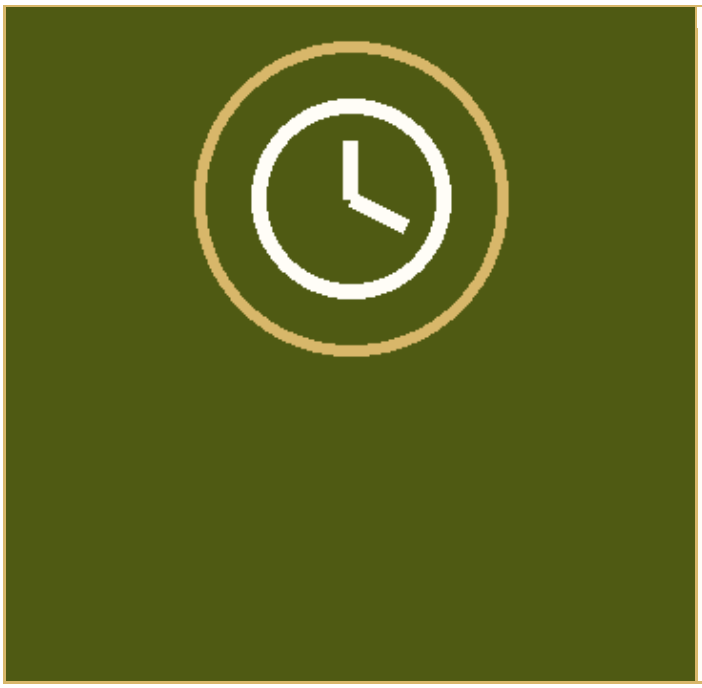
Firestarter: Taking Action

Turn insight into a leadership routine you can actually use.



COMMIT TO 2 DAILY PRESENCE PRACTICES

List the two practices you will begin using consistently.



DESIGN YOUR "FIRST 5 MINUTES" RITUAL

Write the sequence you will use before a meeting, presentation, coaching session, or high-stakes conversation.

KEEP BUILDING YOUR PRESENCE

Use these practices as a repeatable leadership routine - before the moments that matter, and in the everyday moments that shape how you lead.

For more information: www.levelupcoaching.llc