



Olivier  
Mythodrama

Preparing Better Leaders



# Leadership Presence

## Personal Impact & Peak Performance

### Programme Outline

#### **Introduction - The Fundamentals of Presence**

- Key Archetypes to enable Leadership Presence
- Initial presentations and feedback
- The Body as an Instrument - the Physical Self
- Practical exercise in relaxing, grounding and being centred

#### **PART 1: Sovereign - The Visionary Self**

- Learning to be visible and comfortable being centre stage and being seen by many people
- Owning and radiating a sense of purpose
- Communicate a vision that others can follow

#### **PART 2: Storyteller - The Mental Self**

- Creating a compelling narrative that we can then communicate
- Exploring the 'Inner Critic' - the voices that may undermine us

#### **PART 3: Nurturer - The Emotional Self**

- Exercise to explore empathy and level of comfort with emotion
- The ability to care and to show it appropriately

#### **PART 4: Lover - The Relational Self**

- Connecting with the audience
- Using charm effectively

#### **PART 5: Breakthrough Coaching**

- Each participant receives an individual, in-depth 'breakthrough' coaching session to 'rehearse in' the underdeveloped Archetype(s) or address another 'performance block' of their choice
- Turning the Inner Critic an Inner Coach

#### **Epilogue**

- Develop a personal action plan to rehearse Leadership Presence
- Final presentations and feedback

If you have any questions, please contact us:

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