



TOOLKIT AND TAKEAWAY

PRESENT AS A LEADER

As a leader you are being “judged” all the time on all you do, so make it easier on yourself by being in control of a few basic elements.

Here are some quick tips that you can use in any situation, to help you feel more relaxed and confident.

- Dress for success – as a leader your appearance needs to demonstrate you are the leader. Unless you are teaching physical education all day then yoga pants, sneakers or gym clothes are not appropriate.
- Posture is Power – so be confident in your stance - stand up straight and take a few moments to survey any room before you enter it.
- When meeting adults or children always make eye contact.
- To calm and centre yourself always breathe down into your feet.
- Then before you go into any potentially stressful situation or meeting do a superhero pose and hold it for two minutes. For example to do a “Wonder Woman” or “Superman” power pose, you stand with your feet apart, your hands on your hips, and your chin tilted upward. Research asserts that doing the pose raises testosterone levels and lowers the stress hormone cortisol.
- Remember every conversation is public speaking- so practice and always have a couple of interesting conversation openers up your sleeve.
- In conversations shift your focus from yourself to the person you're talking to.
- Finally always listen with intention and attention.



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