

# How Will You Show Up Today?

## What is presence? What is leadership presence?

Recently, I was in a group coaching session and the topic of leadership presence came up. The conversation started with who are great leaders and often their communication skills helped them come to mind. The conversation shifted to “what does leadership look like when we exclude communication?” We drilled down on the topic and agreed that the following are vital to be successful leaders:

- Having the ability to take command of a room
- Assuming a catalyst role amongst various audiences,
- Sharing your thinking and opinions with confidence
- Striking a balance between talking and listening such that your communication style is both persuasive and impactful

The list made sense to me, but later that day, I found myself reflecting on the sharing by the group and revisiting the “presence” list. The more I thought about all of it, the more it brought me back to the fact that leaders – effective, difference-making leaders – do one thing really well. They show up. Plain and simple. So, presence, or showing up in this case, is not about your position, but how you go about your day – everyday. The way that we manage our feelings, beliefs and knowledge are based on our internal thoughts, both conscious and subconscious. We are in control, whether we know it or not. We can be positive or negative, enthusiastic or dull, active or passive. The biggest challenge is showing up, in spite of all the challenges we face.

I see this often in the learning experiences that I design or deliver - the immersive team strategy sessions, the hands-on workshops, the 3-day leadership retreats or the customized service excellence programs. For some, learning is enjoyable and exciting. For others, not so much. It all depends on who shows up that day – both for me and the learners. One of the biggest reasons individuals, teams or organizations do not accomplish the goals or results they want, is because of missed opportunities to show up.

I learned a long time ago that we honestly cannot complain about a situation if we had or have the opportunity to do something about it but did not. Success is what happens when we stumble on an opportunity and we are 100% there to catch it. To develop ourselves further as leaders, coaches, managers or team players, we all can make real impact in the context of our businesses or communities when we commit to showing up more.

## Here are 5 strategies for us to “Show Up More”:

1. **Show up with your energy.** Put 100% of your effort in everything you do for one day and see what kind of results you get.
2. **Show up with your tools.** Begin using your gifts at least a small amount each day. It’s incredibly empowering.

3. **Show up with your words.** Try using only positive words and compliment others.
4. **Show up with your blinders on.** For one day, let the dumb mistakes of others go unseen.
5. **Show up with a gift.** Give a small gift to someone you know for no reason.

Sure, these might be sound like a collection of well-intended soft skills, but they are not. These are some of the key pillars of what great leadership is all about – regardless of your position or title in the organization. But maybe these strategies are not for you? Maybe they are not your style – no problem. Show up some other way that does work for you. But why not give them a try? What is the worse that could happen?

### How will you show up more today...?

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