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Keynote

Cultivating Presence and Power

Description

Leaders and their teams often mistake busyness for effectiveness, creating "sticky" energy that spreads stress and reactive decision-making.

True leadership, and team power, emerges when leaders practice simultaneous awareness—staying centered in themselves while deeply attuned to colleagues and context – and developing a common language.

Common language transforms fragmented teams into unified forces of trust who can navigate complexity with collective wisdom and authentic power.



Learning Objectives

- **See What Others Miss** - Develop simultaneous awareness to stay centered, attuned to your team, and create magnetic leadership presence.
- **When 'Busy' Stops Getting Results** – Identify and interrupt stress cycles that trigger rushed decisions, and dissolve "sticky" stress energy for high team effectiveness.
- **Unlock the Wisdom in the Room** – Unite, align and grow teams through common language, shared communication tools and practices to unlock collective wisdom, authentic power and coordinated, high-trust in action.

Testimonial

Chris's approach isn't traditional, but it's grounded. Some on the leadership team members felt the discomfort of learning, yet it was through that shared experience that she helped us create a future rather than staying comfortable. Her dimension and depth are valuable to our company's future growth. —*Dave Mooney, CEO, Alliant Credit Union*

References

Nick Blawat, CEO, Value Added Food Sales, nick.blawat@gmail.com

Kimberly Townsend, President & CEO of Loretto Health & Rehab, kmtownsend63@gmail.com