



LIVESTREAM EVENT:

Bringing Your Best Self Forward In Your Next Virtual Meeting

Featuring

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sée

feel

EMOTION

preparation

Practice

Character & Commitment

Leadership Communication Competencies

#1 Who **YOU** Are

#2 Know Your **PURPOSE**

#3 Focus On Your **AUDIENCE**

#4 Understand **CONTEXT**

#5 Willingness To **LEARN & ADAPT**

#1 Strategic & Clear

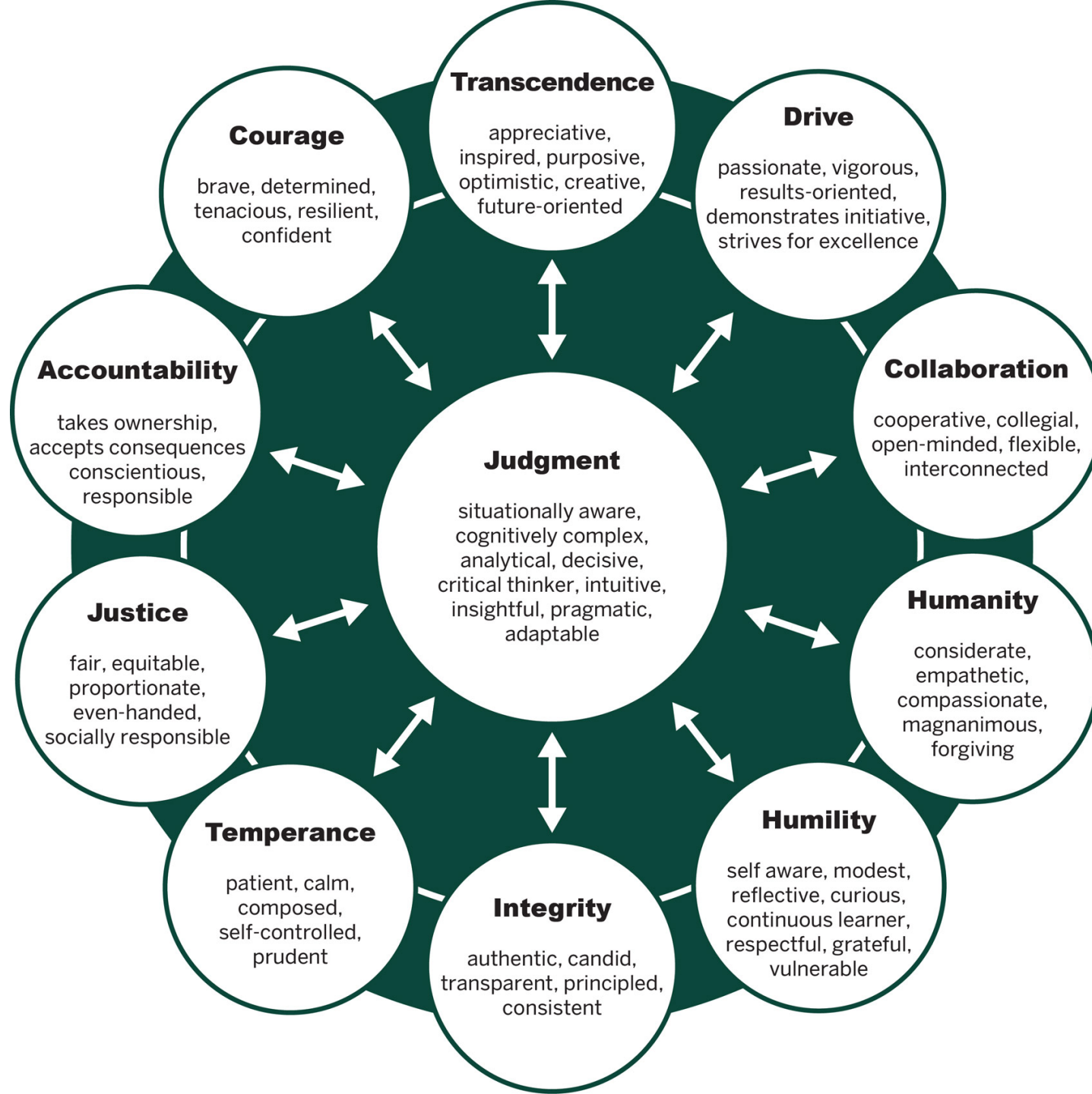
#2 Fundamentals: Written & Spoken

#3 Para Linguistics

#4 Physical Presence

#5 Neuroscientific Basics

In Development by Blanchard/Monzani/Weil | Ivey | 2020 |



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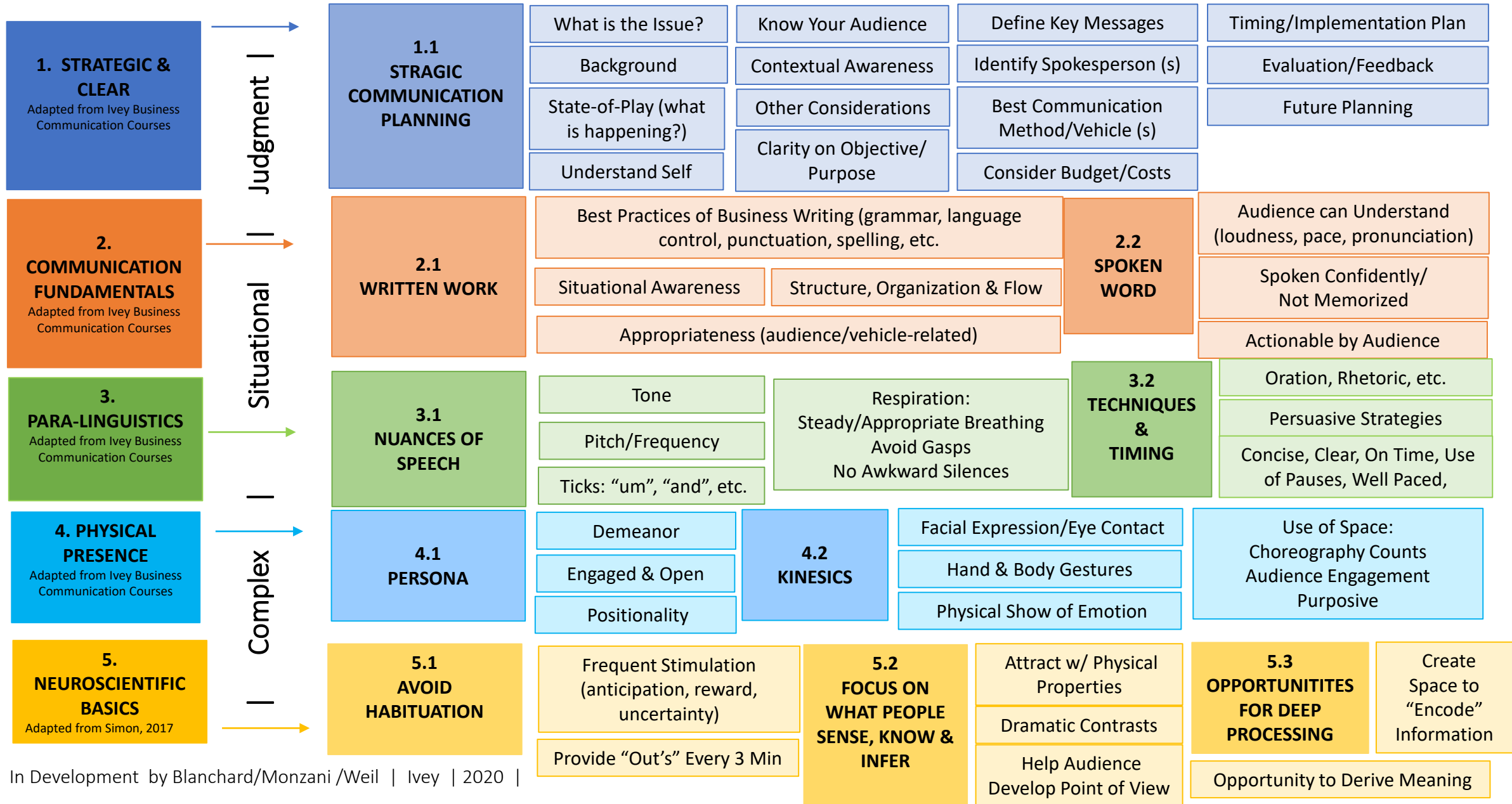
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Leadership Communication Competencies: Detailed View



PRESENCE @ A Distance ... In A Hurry

Contextual Challenges

Opportunity (For You... Do For Others)

Biology:

Recognize and actively address: blinking, posture, swallowing... other things!

Constant:

Work in breaks, toggle between technology, change positions (sit, stand, etc.)

Draining:

Blink, eat well, hydrate, massage, smile, stretch, practice self health and mental care.

Emotion:

Identify “is” and “needs to be”... use techniques to be your best self (consider color, images, mindfulness, movement, music, sunlight, TV, Tiktok!!!)

Human:

Don't forget you/others are not AI or Robots. Focus on personal/relationship. Care.

Impersonal:

Frame yourself for the conversation, lighting, background, posture, look at the camera.

Never ending:

Control what you can. Schedule to maximize time of day (morning, afternoon...)

Purposeful:

Note accomplishments, learnings, successes, happy moments...

PRESENCE @ A Distance ... In A Hurry

Character & Commitment

#1 Who YOU Are

- Calibrate how you feel? Where are you at?
- What do you need to be in the right headspace (music, images, rest, exercise).

#2 Know Your PURPOSE

- What do you want to accomplish? Have happen?
- Success will look like? Failure?

#3 Focus On Your Audience

- What do you know about them?
- What works, doesn't work? Triggers? Points of connection?

#4 Understand CONTEXT

- Situation, sensitivities, challenges, specific issues?

#5 Willingness To LEARN & ADAPT

- How might you need to adapt, shift gear? Are you ready?

Competencies

#1 Strategic & Clear

- Think through what you need to say and how best to say it.
- Have an agenda, key messages, respect time.

#2 Fundamentals: Written and Spoken

- If you have slides... keep it clear/simple.
- Speak clearly, focus on engaging with audience (don't memorize)

#3 Para Linguistics (what are they hearing?)

- Technology is draining... bring the right energy.
- Watch verbal ticks, pace, allow silence and pauses.

#4 Physical Presence (what are they seeing?)

- Choreograph it! Look at the camera aperture. Use body appropriately.
- Frame yourself/background/lighting for the message (emotional/personal conversation versus selling an idea)

#5 Neuroscientific Basic

- How will you stimulate? Keep momentum? Allow time to process?



Thank you for joining us.

We hope you and your loved ones stay safe and well.
Stay tuned via email for more upcoming free webinar events.