

Personal Presence & Influence

Stay calm. Speak with authority. Lead with impact.

Leaders are judged on presence, not just performance, and influence doesn't automatically come with seniority. This experiential programme trains the calm, credible presence that wins the room when the stakes are high.

At a glance

FOR	Senior leaders, managers and high-potentials
FORMATS	One-day workshop or half-day masterclass
COHORT	20 to 60 participants, face to face
STYLE	Highly experiential, real scenarios, peer practice

WHY THIS MATTERS

- Presence decides whether people trust you
- Pressure and self-doubt erode executive presence
- Leaders who can't stay steady lose influence

WHAT LEADERS LEAVE WITH

- ✓ **Reset fast** when they notice presence slipping
- ✓ **Clarity, calm and authority** in high-stakes moments
- ✓ **Confidence** in upward and senior conversations
- ✓ **Trust** across hierarchy and cultures

THE PROGRAMME Presence, built from the inside out

Confidence + Credibility + Composure = Connection and influence

MIND

Psychology

Notice unhelpful thinking, shift from threat to opportunity and take ownership of your response.

1

BODY

Physiology

Use posture, breath and energy to project calm and stay composed under pressure.

2

CONNECTION

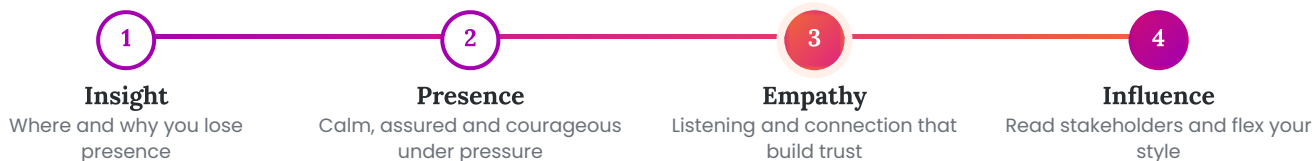
Resonance

Listen deeply, connect human to human and build credibility through warmth and clarity.

3

"Presence is moment-to-moment. It can be strengthened or lost. It can be trained."

HOW IT RUNS A one-day journey to lasting presence



Go further: extend into a multi-module programme with 360 feedback and 1:1 executive coaching.

TRUSTED BY LEADERSHIP TEAMS AT

Shell Swiss Re Sodexo BASF Caterpillar

"Manish creates psychological safety, everyone participates openly. I discovered a new side of myself."

Mei Yee, HR Manager, Shell

"Genuinely mindset-shifting. Manish leads by example, a true role model in how presence is demonstrated, not just taught."

Senior Executive, Shell

WHY THE RESILIENCE INSTITUTE

- 22 years of resilience research
- Led by Manish Arneja, former Fortune 500 HR leader
- Trusted by Shell, HSBC, AXA, L'Oréal and Nestlé

B Corp Certified

ISO 27001

ICF CCE Provider

HRM Asia Gold 2023

Ready to bring this to your leaders?

Book a 30-minute conversation on your leaders' goals, plus a free Resilience Assessment for up to 5 people.

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Explore the series