

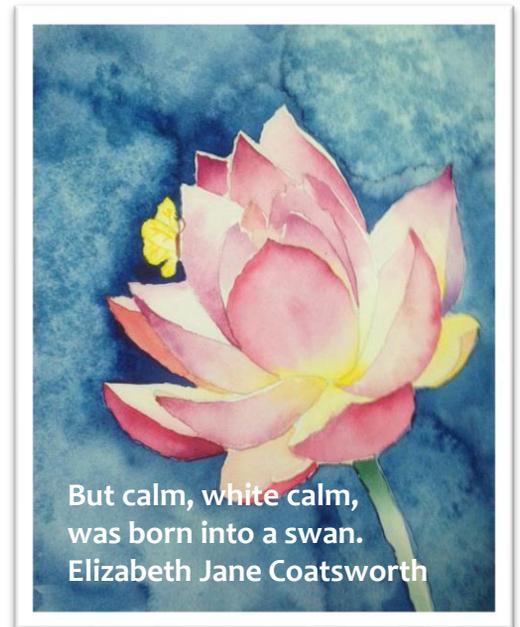


**WHAT'S  
YOUR  
PRESENCE?**

**Day 4**

# CRAFTING YOUR PRESENCE

**Bernadette Chua**



Thank you for persevering with the journey within!

Have you been practising your physiology? What insights did you have?

Lets take a pause here for you to journal some thoughts on your learning journey to-date.

You would observe by now, that I often encourage you to pause, reflect and celebrate.

In our busy hectic days filled with endless to-do lists, we are often on the go. That is why I am so glad for you that you chose to create this learning space for yourself. Creating me-time for pleasure and learning is precious - one of the ways to flourish.

In Day 4, we look at how movement impacts our presence.

Remember your last meeting with someone. Did the person come rushing in busy as a bee? How did that make you feel?

Contrast this to another meeting where the person walked in calm and collected.

Movement is also applicable for virtual meetings. In fact, perhaps even more so because there is only the upper body cues for us to work on. Unless video off which poses its own set of challenges for connection and rapport building.

As always, learn at the pace that works for you as you move into Day 4 of the course.



**Don't Get So  
Busy Making  
A Living  
That You  
Forget To  
Make A Life.  
Dolly Parton**

## Reflection

Think about your day today.

- Has it been a hectic one?
- What was your movement like as you move from space to space, task to task, meeting to meeting?
- Is your movement congruent to the presence you would like to create?
- If not, how would you like to move differently?

A large, empty rectangular box with a thin black border, intended for reflection. The top-right and bottom-left corners of the box are cut off by yellow triangles.



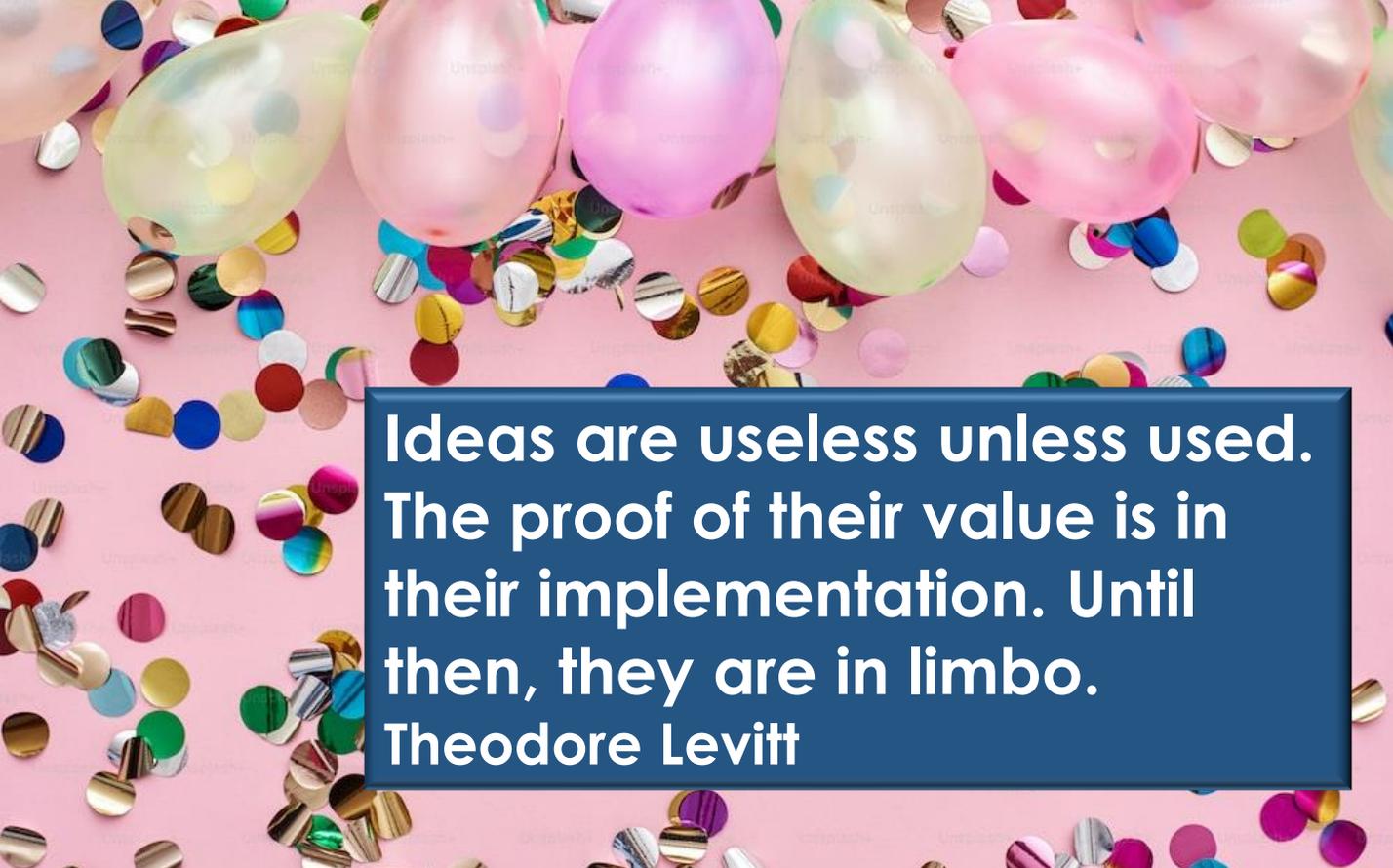
# MOVEMENT

## Reflection

Review your brand and the corresponding presence that you would like to evoke on others. What are the top three qualities or attributes that you would like to practice more of? How would your movement be like?

Quality:	Quality:	Quality:

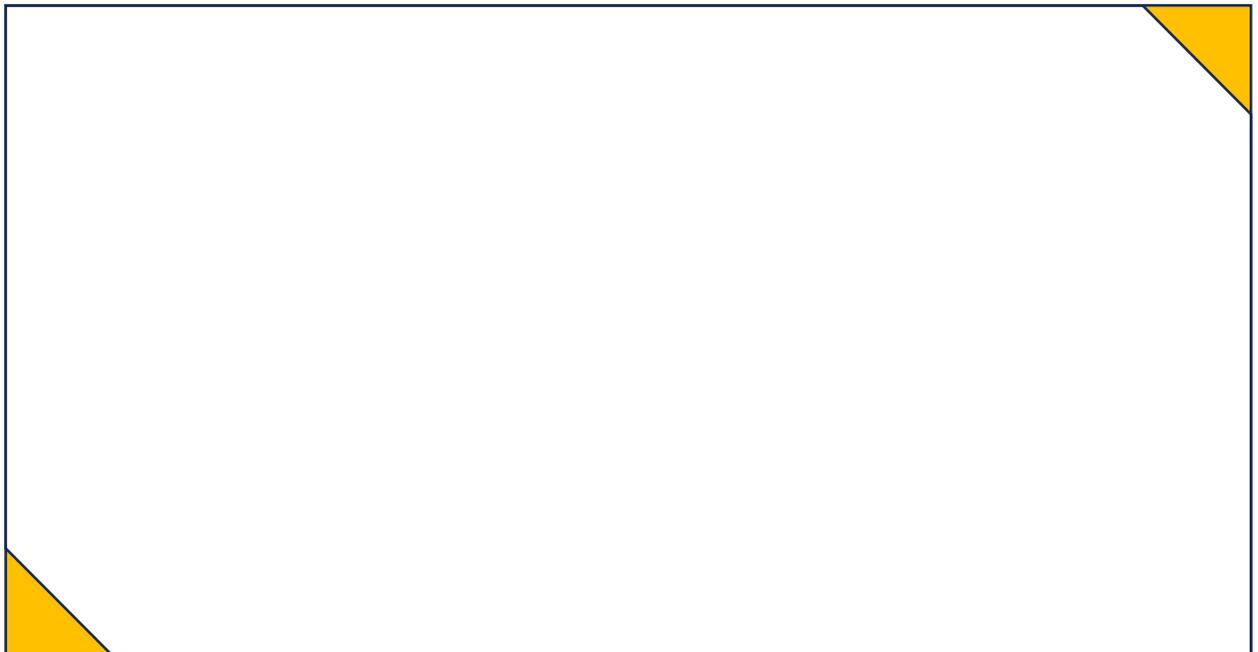
Practice the enhanced movement over the next few weeks.



**Ideas are useless unless used.  
The proof of their value is in  
their implementation. Until  
then, they are in limbo.  
Theodore Levitt**

## Reflection

As you practiced aligning your movement to your desired presence, how did that feel to you? What insights did you have about yourself? Any observations from others around you?



# Next Steps

While this course is on aligning your brand, presence and congruency, you might have noticed that you are also having lots of different Aha moments or insights through your self reflection or interactions with others.

That's the power of embracing an open and learning mindset.

Courses such as these are strategic tools for self-awareness, other-awareness and the betterment of our lives. I might add, the betterment of the lives of others too!

So, thank you for spending time to do this by learning and more importantly, applying what you have learnt!

As it is a video course, feel free to pause when you need to and come back to it.

In Day 5, we will explore further on the topic of energy signal and how that impacts our presence.

This is an area that the majority of my clients weren't conscious about. Yet once there is awareness, it is an area that is easy to tweak and act on. Sounds great isn't it?

All good wishes, 🦋 B



My movement gives me joy.  
My movement gives me purpose.  
My conscious movements shine  
forth the beauty within me.

