



**WHAT'S
YOUR
PRESENCE?**

Day **5**

CRAFTING YOUR PRESENCE

Bernadette Chua



Welcome to Day 5 on understanding the energy signal that you give out.

Adel is the Head of Operations for a fast-growing F&B company. The first time I met her, I was struck by her positivity and openness to learning. She embraces a growth mindset in dealing with the daily changes that happen, both positive and challenging.

It was not just her mindset and attitude. Her presence was aligned to her mindset and attitude. Her physiology, movement and energy signal was consistent each time I met her. I observed that it was the same presence that she exudes with her team and customers.

She shared with me that even when she is physically tired, she will do her best to stay enthusiastic and positive. Her brand (though she didn't articulate it as such) and her presence was certainly congruent.

When you are around her, she radiates enthusiasm and sunshine energy. On the one occasion when she looked tired because of a hectic day, her eyes still sparkled brightly.

Her energy signal is certainly one that draws you in and makes you enjoy being in her presence.

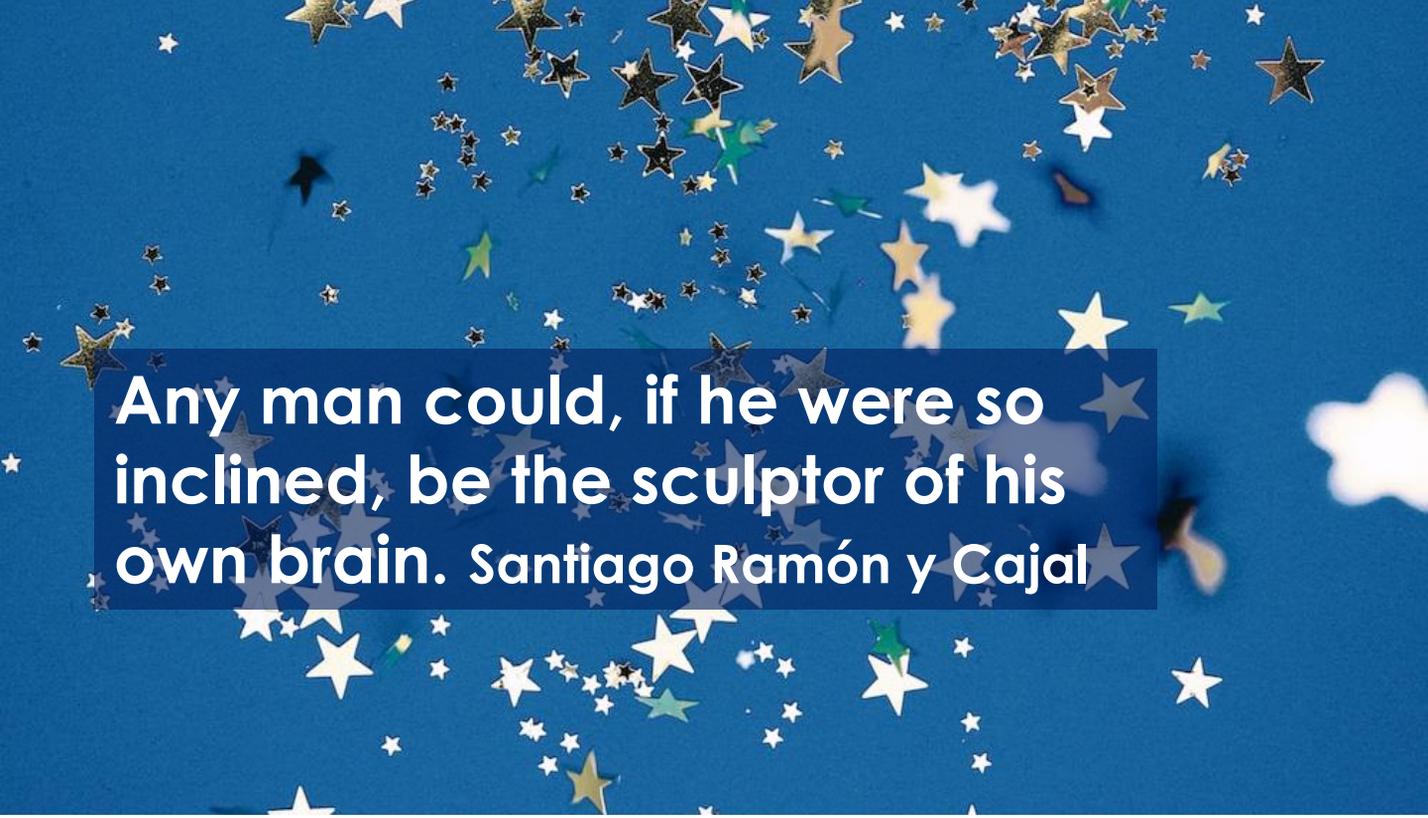
Your energy signal is an area that is easy to tweak and act on once you are aware about it.



ENERGY SIGNAL

Reflection

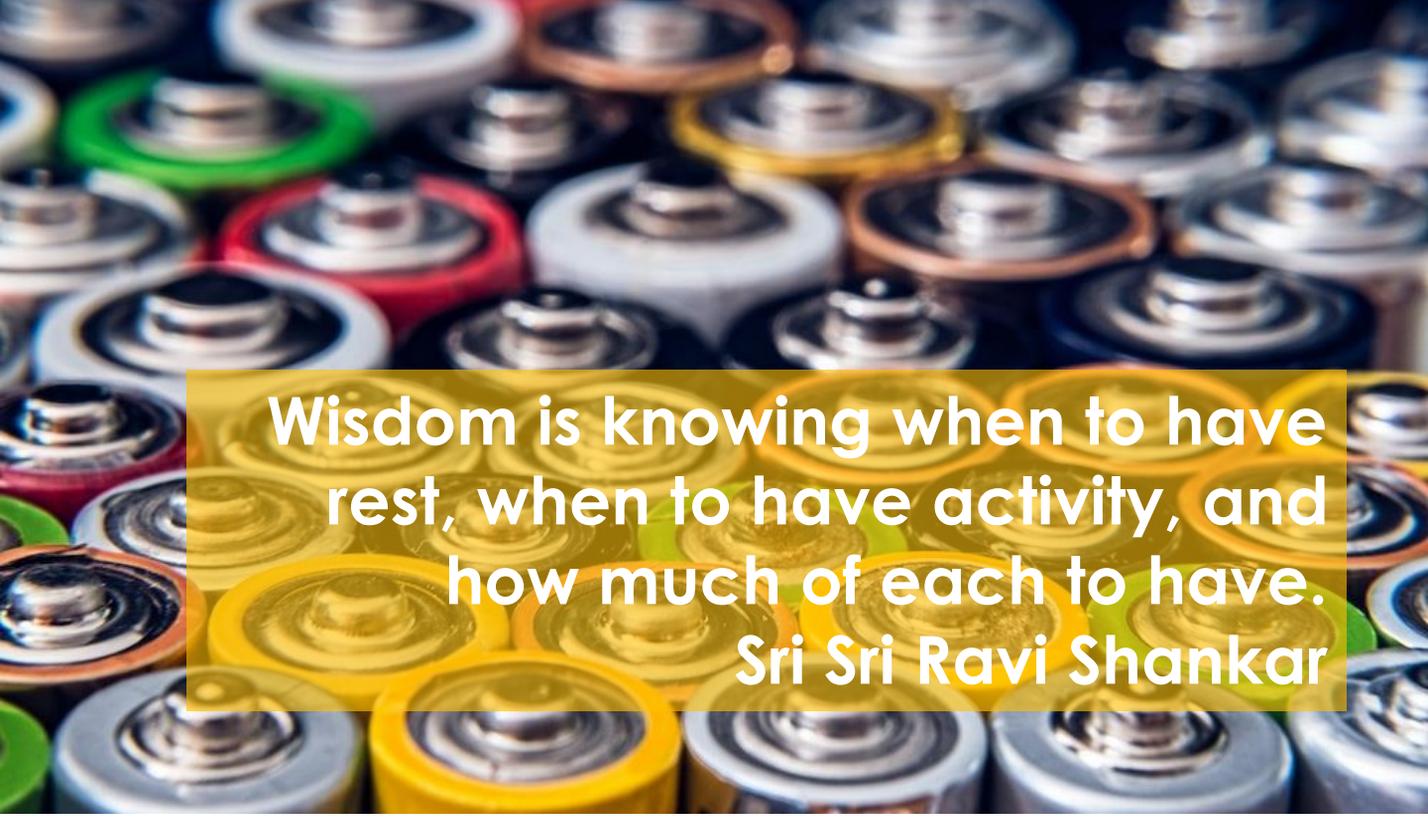
Think about your brand and the presence that you would like to evoke in others. What will your energy signal be like?



Any man could, if he were so inclined, be the sculptor of his own brain. Santiago Ramón y Cajal

Your Brand

Physiology	Movement	Energy Signal



Wisdom is knowing when to have rest, when to have activity, and how much of each to have.
Sri Sri Ravi Shankar

Reflection

The reality is that we are not the energiser bunny and there will certainly be moments when we are physically, emotionally or mentally drained. While we can still maintain our physiology and movement, it will have an effect on the energy signal that we give out.

During such moments, it is perfectly okay to let the other party know. "Please excuse my less than perky/ _____/ _____ self, I _____".

Once that meeting is completed, find ways to recharge and energise yourself.

List down three activities that energises you.

Next Steps

Congratulations, you have completed the **What's Your Presence** course!

We trust that the learning journey has been a beneficial one for you.

In the upcoming weeks, continue to further enhance your physiology, movement and energy signal to align it to your desired presence. Pause, reflect and tweak when needed.

If you know of others who will benefit from this course, do share your experience with them and invite them to sign up for it.

For more strategies on how to flourish and be happy, you may wish to purchase a copy of my book Freedom Embraced which has 70 actionable strategies.

If you require more comprehensive sessions, I offer Flourish 1-1 sessions too. Drop me an email at Bernadette@thedreamcatalyst.com and we can chat more on this.

Once again, thank you for journeying with me on this course. Wishing you joy and success in all you do.

All good wishes, ✨ B



When we are fully aligned to our values, to our being, to our inner core and to our purpose, we are congruent. And that's when we truly glow with the inner light that's so very attractive.

