



CLEAR PRESENCE™

OPERATING FROM A PLACE OF CLEAR PRESENCE™ IS FUNDAMENTAL TO BUILDING STRONG CONNECTIONS AND ENGAGING EFFECTIVELY AND AUTHENTICALLY WITH OTHERS.

TARGET AUDIENCE:

- People Leaders
- Project Leaders

COURSE TIME:

8 hours (optional sustainment available)

DELIVERY OPTIONS:

Instructor-Led and Blended

DELIVERY METHOD:

In-person and/or virtual

PAIRS WELL WITH:

- Situational Leadership® Essentials
- CREATE CLEAR Change™ Leadership Conversations
- Partnering for Performance™

When we engage in a CLEAR way, we are inviting a heightened level of attunement and mindfulness to ourselves, others, and the present moment.

As we establish a connection, listen attentively, embody Whole Person intelligence™, acknowledge what's being said and what's not, and allow for emotions, thoughts, and ideas to be gently released, we foster a trusting container for expansion.

When applied in conversation, we cultivate the conditions to dig into the core of the matter. This level of intricate discovery may generate moments of intensity as locked up energy shifts and releases. As we maintain connected presence, we create the openness for deeper embodiment of Whole Person intelligence™ while aligning the internal and external systems to support sustainable change.

BY THE END OF THIS PROGRAM, PARTICIPANTS WILL BE ABLE TO:

- Recognize thoughts, emotions, beliefs, and behaviors operating in various situations.
- Understand the impact of presence on self and others.
- Practice mindfulness techniques to enhance their ability to stay present in the moment.
- Improve listening skills, demonstrating active and empathetic listening.
- Develop resilience strategies to stay present under pressure.
- Understand how presence contributes to improved decision-making.
- Establish a commitment to ongoing self-reflection and improvement.



CLEAR is a presencing practice to remain grounded and centered in conversation. Through this holistic approach, individuals build trusting relationships with self and others.

REFLECT. CONNECT. TRANSFORM.

VISIT [SHADOWLIGHTGLOBAL.COM](https://www.shadowlightglobal.com)