



## GETABSTRACT REVIEW OF

# Presence

## Bringing Your Boldest Self to Your Biggest Challenges

Open postures and controlled breathing won't magically give you new skills or knowledge you don't already possess. But, they will help you bring everything you have to a challenging situation. In her book, *Presence*, Harvard professor Amy Cuddy teaches us how to access our personal power and bring our "boldest self to our biggest challenges" so we can confidently achieve our goals.

### STEP 1

Have your team read the [getAbstract summary](#).

### STEP 2

Schedule a team meeting to discuss the questions below.

### STEP 3

Have a discussion with your team.

## Discussion Questions

1. Define the term "presence" as it's used by Amy Cuddy. Do you have people in your life who have presence, as the summary describes it?
2. What does it mean to build your sense of personal power without a sense of arrogance? How does increasing your power help you be your better self?
3. What situations in your own life might you envision using the lessons spelled out in *Presence*? Have you tried her power stance yet?
4. Talk about one of the central premises of this summary—how mind and body work together to affect who we are and how we're perceived. What are the ways in which the body affects the mind?
5. What is the most striking, insightful, or powerful piece of information you have discovered while reading Amy Cuddy's summary?

*"Presence stems from believing in and trusting yourself – your real, honest feelings, values, and abilities. That's important, because if you don't trust yourself, how can others trust you?"*

### Presence

Amy Cuddy

## Additional resources



Goal Setting



Leadership

