

# ANESE CAVANAUGH

## OPTIMIZING PRESENCE & IMPACT

Anese Cavanaugh is devoted to helping people show up and bring their best selves to the table in order to create significant positive impact in their lives. She is the creator of the IEP Method® (Intentional Energetic Presence®), an advisor and thinking partner to leaders and organizations around the world, and author of *Contagious Culture: Show Up, Set the Tone, and Intentionally Create an Organization That Thrives* (McGraw-Hill, 2015), *The Leader You Will Be*, and *Contagious You: Unlock Your Power to Lead, Influence, and Create the Impact You Want* (McGraw-Hill, 11/19).

A leading voice on intention, energy, and presence, she helps entrepreneurs unlock greater leadership potential, collaborate more inspiringly, create more openly, lead more effectively, and achieve unparalleled success. Join top innovators in companies like IDEO, Zingerman's, 15Five, Vistaprint, Fitbit, GM Financial, KP, and others to develop your own IEP and watch your results thrive.



## KEYNOTE & WORKSHOP TOPICS

### THE IEP METHOD® TALK: SHOWING UP FOR LEADERSHIP, YOUR PRESENCE IS YOUR IMPACT

As you build your business, your success depends upon your ability to relate to others, and cause impact with your clients, your team, and the marketplace. It's the quality of your presence that ultimately determines your ability to succeed—your presence *is* your impact.

In this talk, Anese explains how nurturing your Intentional Energetic Presence® (IEP) is core to building your business, serving your clients, creating more energy, and showing up for impact wherever you go. You'll learn the 3 components of the IEP Method®, a framework for creating intentional impact (don't go into any meeting without it), how to use your "contagiousness" for good (not evil), and other best practices you can use for yourself and with others in service of making more great stuff happen in the world.

### SHEEP HAPPENS: CRAFT YOUR EXPERIENCE, MAKE YOUR RESULTS (A LEADERSHEEP TALK)

Does life happen to you or for you? Do you struggle with change, or do you embrace it, knowing it's your path to success? Are your clients & partners for you or against you? Do people follow you because they want to or have to? When life and leadership get rough, do you retort, react, and resist, OR do you respond, regroup, and reboot?

Every experience is an opportunity to up-level your leadership and impact—the choice is yours. How you choose establishes the results you have—and the leader you are. In this keynote Anese shares how a Sheep Invasion was one of the most powerful things that ever happened for her life, her kids, and her organization, and the 5 things you must know, do, and be when "Sheep Happens".

### #PROJECTIMPECCABLE: BUILDING TRUST, CONGRUENCY, & ACCOUNTABILITY FOR IMPACT

Showing Up is at the heart of effective leadership—and an effective life—but what does it mean to truly Show Up, and how do you build this skill into a core competency for yourself & your company? How do you become *The Leader You Will Be* when life is complex?

In this experiential presentation, Anese defines impeccability in a way that shifts your understanding of who you are and what you are truly capable of. Walk away with actionable tools, frameworks, and mindsets to integrate this powerful leadership tool into your daily being, and maximize your influence & credibility as a leader in your own company *and* with your clients.

### CREATING INTENTIONAL IMPACT: 5 STEPS TO IMPACT IN ANY SITUATION (OR INDUSTRY)

Creating impact IS leadership. BUT... what kind of impact are you creating? In this session we dig in deep to the power of intention, creating impact, what's required to do so, what the core elements of a solid intention are, how to make an intention real, and even what to do when it doesn't go your way. This is a hands-on session for anyone responsible for sales, leadership, people, relationships, getting things done, making others feel seen and cared for, and wanting to be successful. Is that you?

“As a business owner, it's easy to get wrapped up in your own world and forget that your team is taking cues from you. One negative comment or misplaced sigh can cause a cascading effect that demotivates your entire office for the day. When you multiply this across a team, the expense of negative energy is astronomical! Anese's methods give leaders practical tools and exercises that they can implement personally, and at the company level, in order to recharge their leadership and energize their company culture.”

– Marisa Smith

Founder, The Whole Brain Group  
and Certified EOS Implementer



“ My favorite speaker of any session I've ever sat in!!! She was excellent! Very relevant, useful and engaging information... Her knowledge translates to any industry... She represented everything she spoke about. Every one of the 45 minutes was valuable!!! Amazing speaker, even more amazing message. Please bring her back. Without a doubt my favorite session at this year's event!

– Audience Comments

HubSpot INBOUND Conference

“ Our membership absolutely loved her, and she held the attention of the room for 90 minutes. They were all spellbound and the evaluations were beyond excellent. I have heard from so many members that she changed their life. If you are looking for a speaker to change your culture to a more positive way to think, act and respond, Anese is the only one I know of with this superpower. Anese is real, walks the talk; intentional, engaging, authentic and pure magic.”

– Cheryl Keller

Executive Committee, Women's Council of REALTORS National

## FEATURED IN:

Forbes

THE FOUNDATION

Inc.

THE UNMATCHABLE CREATIVE PODCAST

Harvard Business Review

HUBSPOT

CEO.com

ART of CHARM

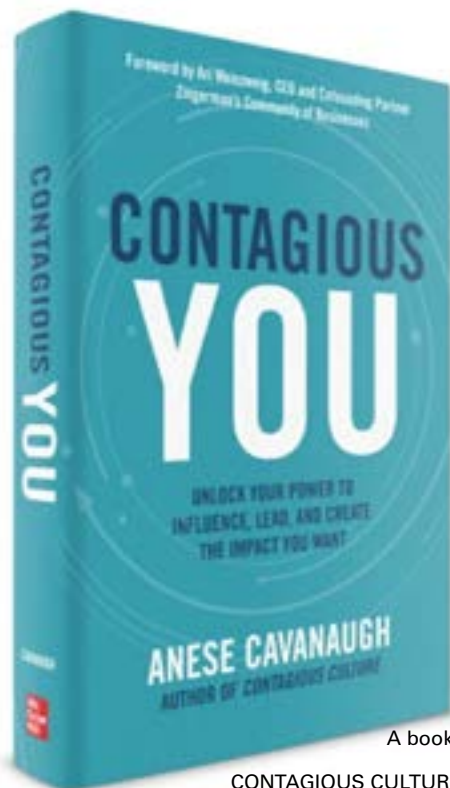
BULLETPROOF RADIO

ChangeThis

## AUTHOR OF:

### CONTAGIOUS YOU:

UNLOCK YOUR POWER TO INFLUENCE, LEAD, AND CREATE THE IMPACT YOU WANT



McGraw-Hill, 2019

A book for YOUR leadership.

CONTAGIOUS CULTURE'S partner in impact.

“ Anese should come with a warning label that says 'Be prepared to be present, for I am here.' She'll change your life.”

–Glenn Burr

Founder, COCO FOR ALL

“ Contagious You reminds us that each interaction, each choice moment, and each day is paramount in growing as a leader, both now and in the future. Anese Cavanaugh reminds us that we are all leaders in our own way and helps us find and connect with our Essential You. A game-changer for those looking for ways to lead in a way that inspires hope and change.”

–Marshall Goldsmith

New York Times #1 bestselling author of Triggers, Mojo, and What Got You Here Won't Get You There

“ Anese definitely leads by example. If more people were aware of this work, I think that communication would be much more efficient and in tune. I would recommend this to anyone from Congress to kindergarten. It's actually essential...”

–Charlie Sosa

Chief Officer, Hyperion Financial Services

Are you ready to engage & create **meaningful impact**?

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