

# 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 Influence, Lead, and Create the Impact You Want* (McGraw-Hill, 11/19).

A leading voice on intention, energy, and presence in leadership and culture, she helps people unlock greater leadership potential, collaborate more inspiringly, create more openly, intuit more bravely, and lead more joyfully and effectively. Top innovators and executives in companies like IDEO, Vistaprint, Zingerman's, Cooper, KP, GM Financial, Fitbit, and others have engaged with Anese to strengthen team health, maximize leadership impact, and optimize company culture.



## KEYNOTE & WORKSHOP TOPICS



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

Your success and influence as a leader depend upon your ability to relate to others, to create impact with your clients, your team, and in the marketplace, and in being an inspiring authentic human to be with. It's the quality of your presence that ultimately determines your ability to succeed—your presence is your impact, and for good or bad, you are contagious.

In this talk, Anese shares the power of using intention, service, and self-care as magic, how to use the IEP Method® and your Intentional Energetic Presence® (IEP) to create impact, and provides frameworks for up-leveling your leadership presence and (positive) contagiousness. In a world of change, how we show up is more important than ever now.



### WE ARE THE CULTURE: CREATING A POSITIVELY CONTAGIOUS CULTURE FROM THE INSIDE OUT

How we create culture now needs more intention, care, and presence than ever before. With remote work, new workplace challenges, greater distractions, stress, ambiguity, and more opportunities and responsibilities than ever before, this moment in time demands leadership and a workplace culture that is intentional, collaborative, productive, inclusive, healthy, safe, and (positively) contagious.

In this talk, Anese discusses creating a positively contagious culture (starting with you first), shares the collaborative impact of IEP, and offers powerful transformative tools and frameworks for improving collaborations, opening communications, implementing changes, pre-navigating challenges, building trust, and setting your culture up for success.



### BOUNCING BURNOUT: BUILDING RESILIENCY & VITALITY IN A VERY BUMPY WORLD

Usually, we hit a hard bump, get through it, recover, build our resiliency a bit more, bounce "back," and then move forward stronger. The magic often happens in the recovery time. However, our current "moment" in time is anything but "usual," providing little resting ground for reboots, recovery, and breath. While we have little control of external events, we can cultivate our resiliency, build our vitality, and intentionally move forward together.

This session addresses individual and collaborative resiliency, leadership nourishment, the mindset and honoring of the "real," preventing and navigating burnout, and creating a sustainable (and authentic) path forward together no matter how bumpy the ride.



### THE LEADER YOU WILL BE: 7 PROMISES TO OPTIMIZE YOUR LEADERSHIP & CULTURE

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

In this talk, Anese defines leadership in a way that shifts our understanding of who we are and what we may truly be capable of, she gives us 7 promises that will change our games, and shows us that our best leadership is likely closer than we think. Our greatest influence and credibility as a leader are often just an invitation (and promise) away.



Anese's methods, approach and overall intuition about how people engage in and out of the workplace has had a profound effect on our organization. I think the principles embodied in IEP have broad appeal, are simple, teachable and above all, useful. Challenging people to grow and to take responsibility for managing their own Intentional Energetic Presence is something I would recommend highly to others to apply.

– Paul Bennett

Chief Creative Officer, IDEO

Zingerman's

FREEMAN



IDEO

d. INSTITUTE  
INSTITUTE OF DESIGN AT STANFORD

Multiple  
INBOUND

vistaprint

KAISER  
PERMANENTE

logitech

joie de vivre



Jazz  
Pharmaceuticals

“ Anese Cavanaugh captivated a group of managers and line level employees at my company with her talk about the infectious nature of energy in an organization. Months later my fellow executives are still talking about it and using her examples to motivate their teams... She’s any company’s secret weapon for achieving profound, permanent results from the inside out.”

– **Chip Conley**

Founder, Joie de Vivre Hotels Founder, NYT bestselling author of *Emotional Equations*, and more...

“ I work with some of the world’s top thought leaders, founders, and visionary executives. In every case, Intentional Energetic Presence is key to their remarkable impact. Anese’s ability to catalyze change is a unique superpower: I’ve seen her teachings transform rooms within minutes, and her presence in my life has profoundly influenced it for the better.”

– **Alison Maconrady**

Advisor to thought leaders & professional speakers

## FEATURED IN:

Forbes



Inc.



Everybody Matters



The New York Times

## AUTHOR OF:

### CONTAGIOUS CULTURE:

SHOW UP, SET THE TONE, AND INTENTIONALLY CREATE AN ORGANIZATION THAT THRIVES



*Contagious Culture* takes the core of IEP and beautifully bundles it into a resource that will guide you to make an amazing impact at home, at work, or anywhere people need to communicate and collaborate. This is a book for athletes, executives, entrepreneurs, designers, teachers, parents, entertainers, CEOs, founders, health care and administrative professionals, law enforcement, and humans who care about impact.

See also *Contagious You: Unlock Your Power to Influence, Lead, and Create the Impact You Want* (McGraw-Hill, 2019)!

“ Anese Cavanaugh has identified the elusive secret ingredient of great leadership that hundreds, if not thousands, of other books have missed. She calls it Intentional Energetic Presence (IEP), and it will change the way you run your business.”

– **Bo Burlingham**

Editor-at-large of *Inc.* magazine and author of *Small Giants*

“ Anese is innovating the business world with her methods for fostering cultures, inspiring leaders, and helping businesses thrive and grow.”

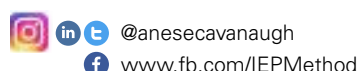
– **Nick Myers**

Director, User Experience Design at Fitbit

“ Anese Cavanaugh is a trailblazer in creating new strategies about what it means to be a courageous leader in today’s market. Her fresh ideas are powerful, energizing and address what companies need to do to create healthy and engaged workforces where people thrive.”

– **Jenny Misiri**

MAED, Director of Enrollment, University of Phoenix



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