

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), *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, GM Financial, Fitbit, and others have engaged with Anese to strengthen team health, maximize leadership impact, and optimize company culture.



KEYNOTE & WORKSHOP TOPICS



CONTAGIOUS YOU: ELEVATING YOUR VERY CONTAGIOUS LEADERSHIP PRESENCE

Your success and influence as a leader depends 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.



CONTAGIOUS CULTURE: INTEND, LEAD, AND CREATE A POSITIVELY CONTAGIOUS CULTURE

With more competition, more virtual connectedness and distractions, and more opportunities and responsibilities than ever before, this moment in time and leadership demands a workplace culture that is collaborative, productive, energized, inclusive, healthy, and (positively) contagious. And it requires a leader that can cultivate that kind of culture... YOU are this leader. YOU are the culture. YOU set the tone.

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



SHEEP HAPPENS: CRAFTING YOUR EXPERIENCE TO MAKE YOUR RESULTS, A LEADERSHEEP TALK

Does life happen to you or for you? Does your organization struggle with change, or does it embrace it, knowing change means growth (when used *intentionally*)? Do the people you lead follow you because they want to or have to? When life and leadership gets rough, do you retort, react, and resist, OR do you respond, relax, and relish? Every experience is an opportunity to up-level your leadership and impact—the choice is yours.

In "Sheep Happens," Anese talks about the big baaa'd "SheepAcolypse of 2017," contagious leadership, and the 5 things you must know, do, and be when "Sheep Happens." (Note: No animals were injured creating this talk, however they did become better leaders.)



THE LEADER YOU WILL BE: 7 PROMISES YOU MUST MAKE 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
community of inspiration

FREEMAN



IDEO

d. HASSID PLATTNER
Institute of Design at Stanford

HubSpot
INBOUND

vistaprint

KAISER
PERMANENTE

logitech

joie de vivre
HOTELS & RESORTS



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 Macondray**

Advisor to thought leaders & professional speakers

FEATURED IN:

Forbes

IBM

Inc.

Harvard Business Review

Everybody Matters

GLOBAL TOP 30 ORGANIZATIONAL CULTURE

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.

Contagious You: Unlock Your Power to Influence, Lead, and Create the Impact You Want (McGraw-Hill) available November 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

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

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