

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 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, Joie de Vivre Hospitality, Vistaprint, Fitbit, GM Financial, and others to develop your own IEP and watch your results thrive.

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.

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.

IEP LEADERSHIP IMMERSION & ACCELERATORS (FOR ENTREPRENEURIAL & ORGANIZATIONAL EVENTS)

Half-day, one-day, or two-day workshops devoted to optimizing your own Intentional Energetic Presence, as well as the IEP of your team, relationships, and culture. Learn how to take your leadership, presence, and ability to collaborate, influence, create more space, and therefore to create more impact, to a whole new level. Loaded with solid content, experiences, outcomes, and immediately actionable tools and resources that you can put to use during the session and for the rest of your life. These sessions partner well with any of Anese's keynotes for entrepreneurial, organizational, and industry conferences and events. For more on her Immersion and Accelerator Experiences, please request an *Overview* and *Entry Point Questionnaire* so that we can address your needs specifically.

“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



“ Anese’s presentation at the 2016 Digital Mastermind conference set the tone and mood of the entire event. She was able to get all our attendees out of their mindset of being in the grind of their business and move them to a creative and innovative state-of-consciousness. Schedule Anese to speak at the beginning and set up your conference for game-changing creativity and innovation.”

– **Jeff Kline**
President, Accrinet Corporation

“ ..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 UNMISTAKABLE
CREATIVE
PODCAST

Harvard
Business
Review

HUFFPOST

CEO
.com

ART OF CHARM

BULLETPROOF
RADIO

ChangeThis

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 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

“ 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 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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