

A person is silhouetted against a bright sunset, holding a large tire over their head with both hands. They are standing on a gravel road that stretches into the distance. The background features rolling hills and a clear sky with some clouds. The overall mood is one of achievement and setting a high standard.

**PRESENCE & IMPACT:  
SETTING THE TONE.**

**OUR PRESENCE IS OUR IMPACT.  
WE SET THE TONE.**





**Intentional Energetic Presence®  
(IEP)**



**THE IEP METHOD®**  
**5 STEPS TO**  
**INTENTIONAL**  
**IMPACT**

Outcomes

Emotional Impact

Presence

Beliefs

Actions

IEP: INTENTIONAL ENERGETIC PRESENCE®

5 STEPS TO INTENTIONAL IMPACT

PRE-MEETING, CONVO, OR PROJECT

1 Outcomes

What you want to have happen

2 Impact

The emotional impact: how you want them to feel, how you want to feel

3 Show Up

How you'll have to show up to create your outcomes & impact

4 Believe

What you'll have to believe to show up that way

5 Action

What you'll have to do before / during / after

TODAY'S DATE

PROJECT NAME OR CONVERSATION

IEP FOUNDATION

ALL THE TIME

Mark 3 things you'll do to optimize

REBOOT

MOMENT TO MOMENT

1 Notice

2 Envision / Intend

3 Take Care

4 Step In

5 Rinse & Repeat

TODAY'S TAKEAWAY

REFLECT & INTEND

I had impact

Tomorrow I intend

WATER

COLOR IN FOR EACH 8oz TODAY

GRATITUDE

WHAT OR WHOM CAN YOU BE GRATEFUL FOR TODAY?

ANESE CAVANAUGH

For more info on how to properly use this form: [www.anesecavanaugh.com/iepsheet](http://www.anesecavanaugh.com/iepsheet)

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THE IEP METHOD®

INTENTION. ENERGY. PRESENCE.

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# THE LEADER YOU WILL BE: AN INVITATION

— ANESE CAVANAUGH ©2018

# THANK YOU!

More info & resources at:  
[iep.io](http://iep.io)

[anesecavanaugh.com](http://anesecavanaugh.com)

[anese@anesecavanaugh.com](mailto:anese@anesecavanaugh.com)

direct: 630.965.5456