



Happy Tuesday,

Let's talk about something that comes up often in my work with leaders:

executive presence.

It's one of those phrases people use often — but don't always define clearly.

And because of that, many people believe it's something they have to "perform."

But real presence doesn't work that way.

Quick Reflection

When people think about presence, they often focus on:

- how they look
- how they sound
- how confident they appear

And while those things can play a role, they are not the foundation.

Because you can look confident and still feel unsure.

You can speak clearly and still lack alignment.

You can "show up" and still not connect.

Presence is deeper than that.

Visual Reminder



"Presence is felt before it's explained."

Leadership Insight: Presence Is How People Experience You

Executive presence is not about perfection.

It's about consistency.

It's how people experience you in moments that matter:

- Do they trust what you're saying?
- Do they understand your message?
- Do they feel your confidence — or your hesitation?

Presence is shaped by:

+ clarity

+ confidence

+ communication

And when those three are aligned, people feel it.

Before you say a word.

What This Looks Like in Real Life

Presence shows up in:

- how you enter a room
- how you listen
- how you respond under pressure
- how you communicate your thoughts
- how you hold space for others

It's not one moment.

It's a pattern.

Action Step for the Week

Ask yourself:

How do people experience me?

Not how you intend to show up.

How are you actually being experienced?

Then identify one area to strengthen:

- your clarity
- your tone
- your confidence
- or your communication

One adjustment can shift how you lead.

Community Spotlight

I continue to appreciate the messages you send — and how these conversations are landing in real ways.

Recently, one reader shared:

"Your newsletters are easy to read, connect with, and apply."

That matters.

Because leadership isn't about complexity — it's about clarity and consistency.

Thank you for continuing to engage, reflect, and grow.

What I'm Up To

After nearly four years of writing, reflecting, editing, rewriting, and honestly... growing through this process myself...

I'm excited (and slightly terrified 😬) to officially share that my book:

**Show Up Like You Mean It
Living, Leading, and Speaking Your Truth**

will officially launch on June 19, 2026.

And before I say anything else...

Thank you.

Over the last several weeks, many of you took the time to vote on potential book titles, send feedback, share thoughts, and respond honestly to the direction of this project. What started as one title evolved into something different because of those conversations and reflections.

The title changed because the message became clearer.

And this title?

This one feels the most like me.

This book is deeply personal to me.

It's about authenticity—not just in leadership, but in life.

It's about communication, emotional intelligence, boundaries, relationships, finances, identity, and learning how to stop performing and start showing up fully as yourself.

*Over the next several weeks, I'll be sharing more behind-the-scenes moments, launch updates, and preorder information (**official preorder link coming next week** 🙌).*

But before that...

I'm looking for a small group of early readers to join my Advance Reader Team.

As an advanced reader, you'll:

- receive an early digital copy of the book
- provide honest feedback
- and, if you genuinely enjoy the book, post an honest review during launch week

I'm intentionally keeping this group small because I want thoughtful feedback and engaged readers who truly connect with the message.

If you're interested in being considered, reply to this email with: "SHOW UP"

and tell me briefly why this message resonates with you.

I'll be selecting a small group this week.

And truly...

Thank you for being part of this journey with me.

Final Thought

Presence is not something you turn on.

It's something you build.

And when it's rooted in clarity, confidence, and communication...it becomes one of your strongest leadership tools.

With appreciation,

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"Everything Begins and Ends with Communication."

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