Leader Self-Care:

Learning for You and Your Members

USC Marshall Center for Effective Organizations
Employee Resource Group Virtual Leadership Summit Week
#CEOERG2020 @ANESECAVANAUGH

ANESE CAVANAUGH

©2020 ACI & IEP Method® All Rights Reserved Internationally.

©2020

©2020 ACI & IEP Method® All Rights Reserved Internationally.

Your presence is your impact.

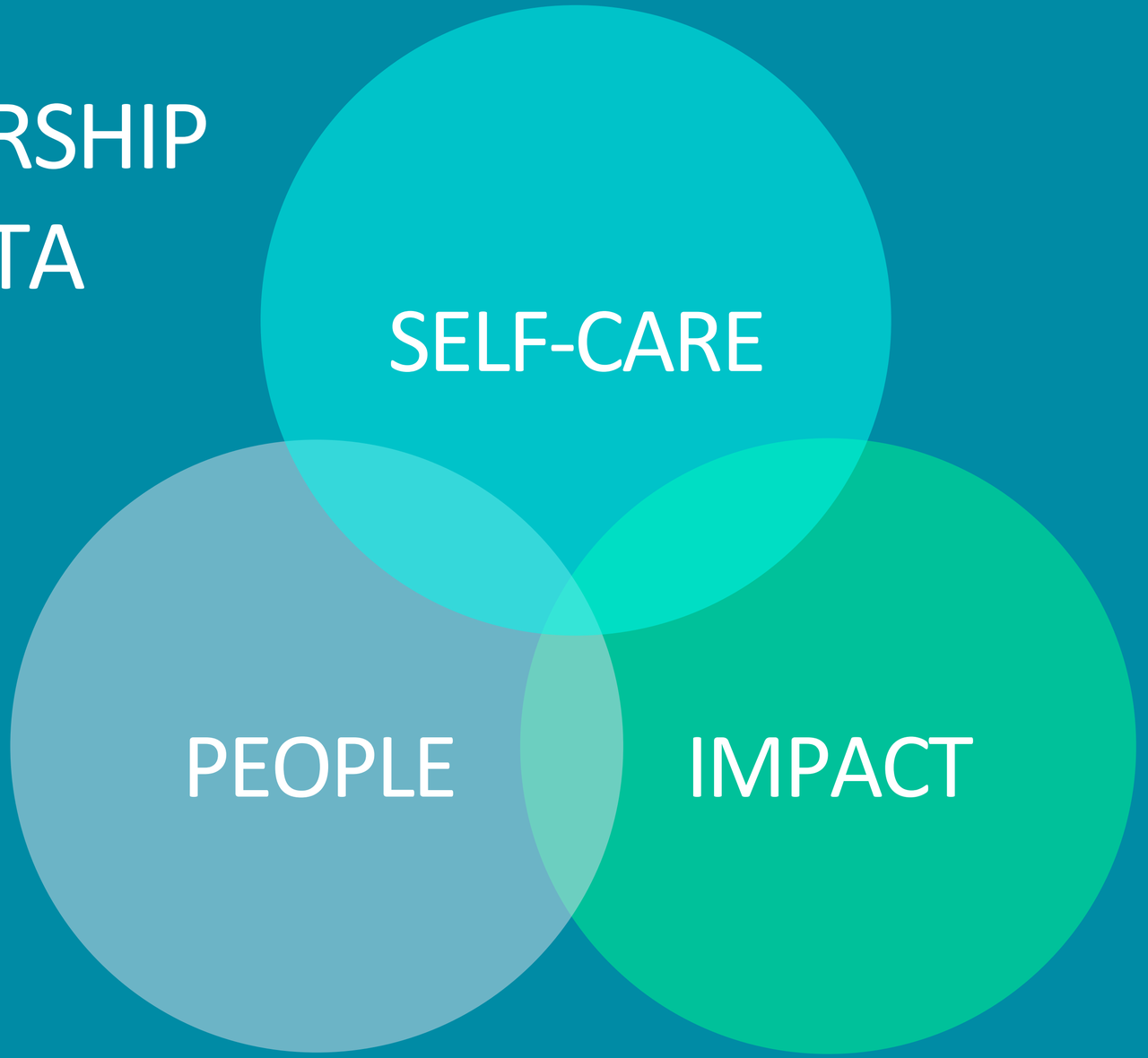
©2020

CONTAGIOUS NUMBERS.

93
.10
483-605
3

©2020 ACI & IEP Method® All Rights Reserved Internationally.

IEP LEADERSHIP TRIFECTA



©2020 ACI & IEP Method® All Rights Reserved Internationally.

Self-care IS a leadership skill.

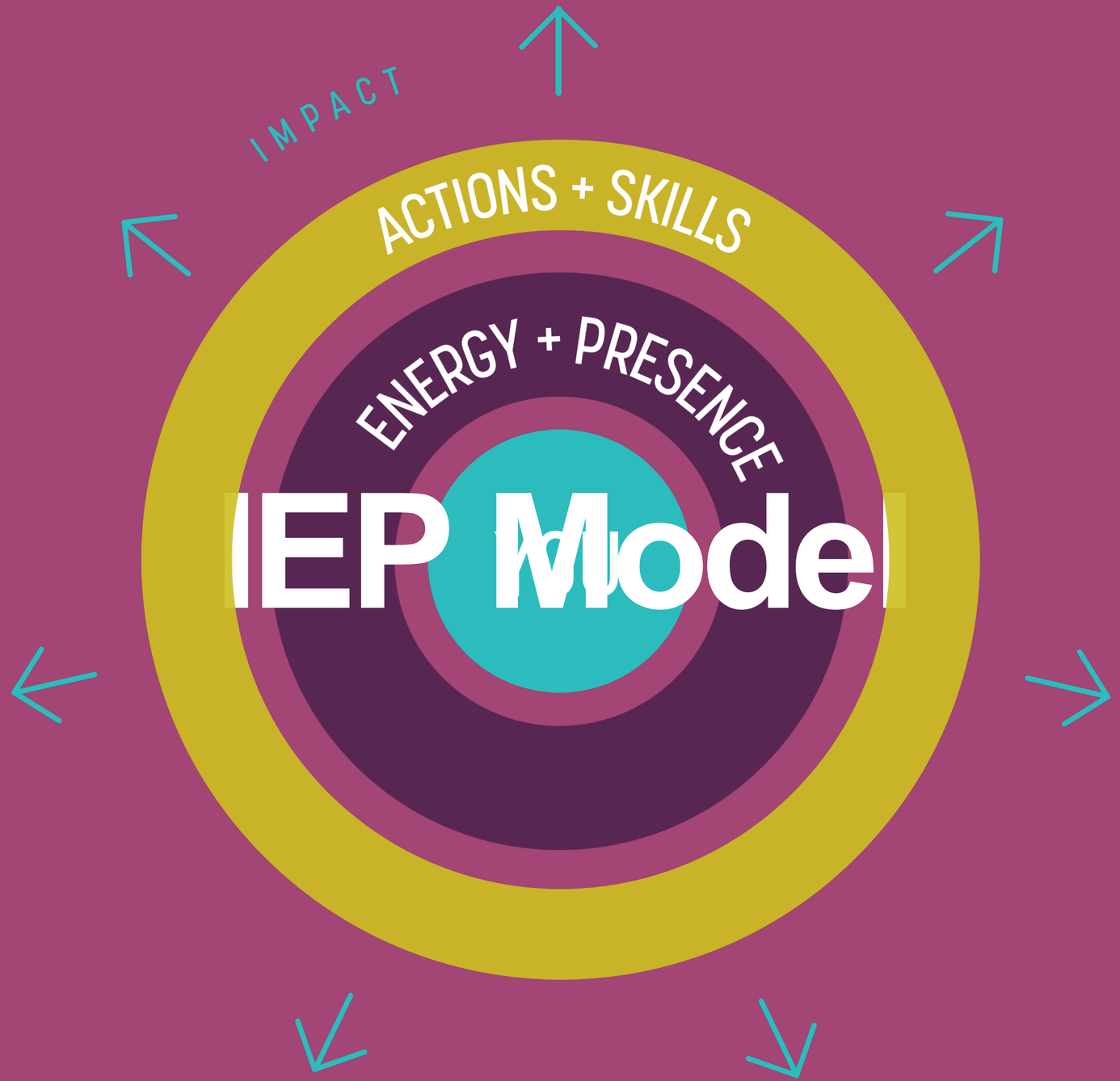
©2020

©2020

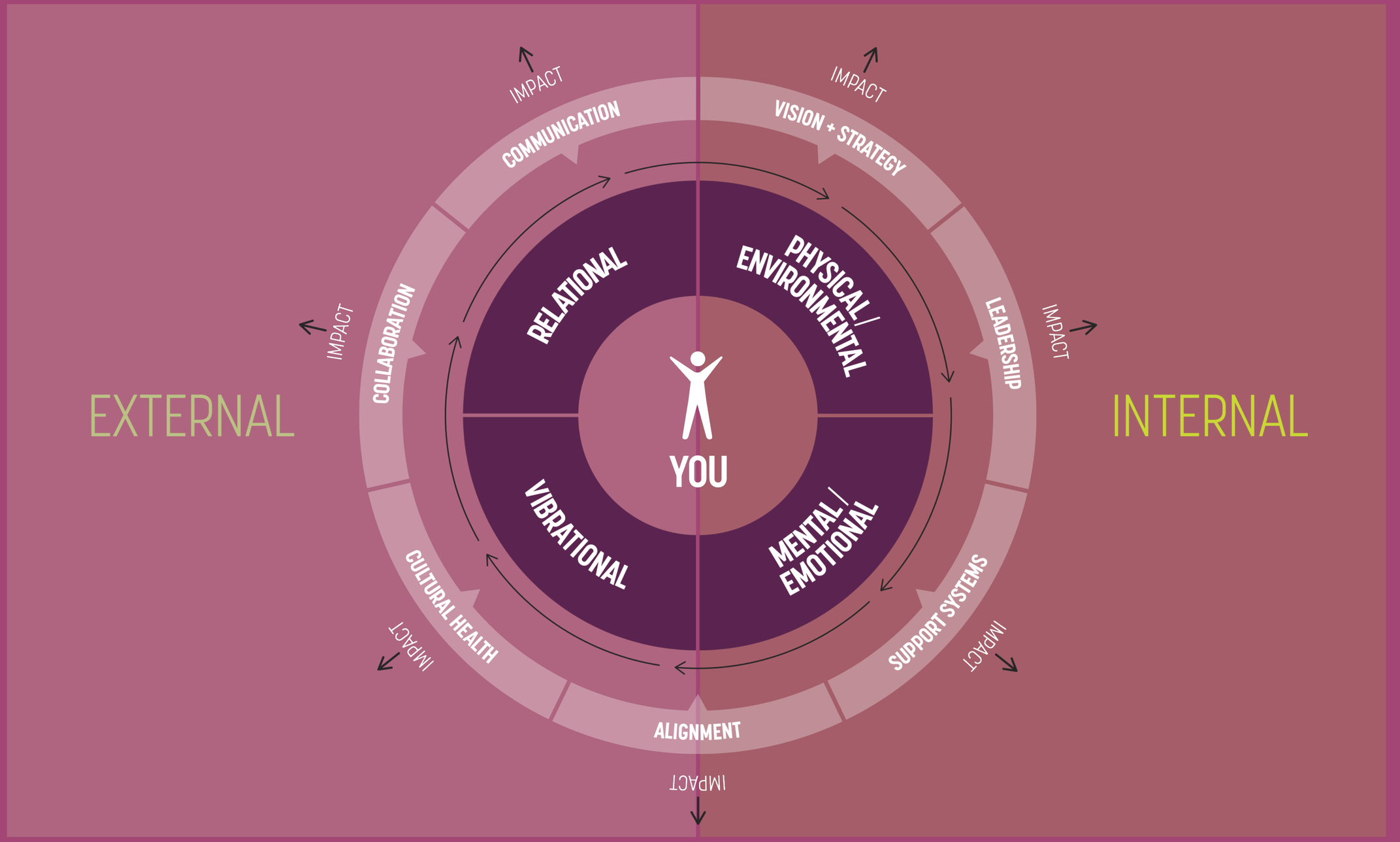
©2020

Intentional Energetic Presence®

©2020 ACI & IEP Method® All Rights Reserved Internationally.



©2020 ACI & IEP Method® All Rights Reserved Internationally.



©2020 ACI & IEP Method® All Rights Reserved Internationally.

©2020 ACI & IEP Method® All Rights Reserved Internationally.

©2020 ACI & IEP Method® All Rights Reserved Internationally.

Download @ iep.io

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

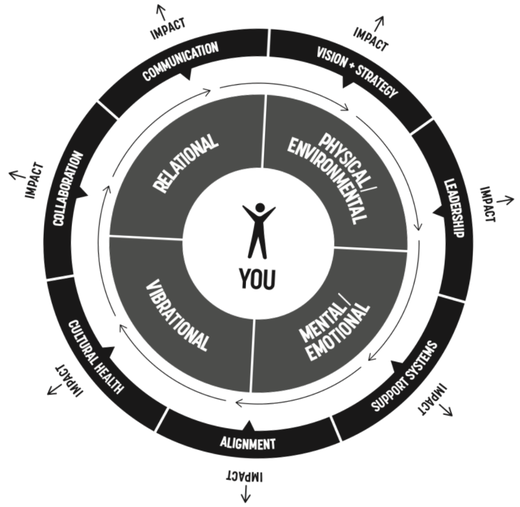
3 Show Up
How you'll have to show up to create your outcomes & impact

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

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

TODAY'S TAKEAWAY
REFLECT & INTEND

I had impact

More info & resources

www.anesecavanaugh.com

www.iep.io

Thank You!

anese@anesecavanaugh.com

@anesecavanaugh

ANESE CAVANAUGH

©2020 ACI & IEP Method® All Rights Reserved Internationally.