



PROFESSIONAL DEVELOPMENT FOR WOMEN

Executive Presence for Women: Commanding the Room with Authenticity

3 day course

Classroom, online or in-house

Course overview

Executive presence is described constantly and taught rarely, and the advice women receive is often to be more of something and less of something else at the same time. This course breaks it into components that can be practised. Delegates work through gravitas and what it actually consists of in a meeting: holding a position, admitting what you do not know without apology, and being the person who says the difficult thing. Communication follows, including pace, pausing, and the qualifiers that undercut a point before it lands. Appearance is covered briefly and practically rather than as a lecture on clothing. Presence in the specific situations that test it is practised: being challenged, being interrupted, presenting to a board, and walking into a room where you are not expected. The course closes on presence over video and on sustaining it without performing.

What you will learn

- Break executive presence into components that can be practised
- Hold a position under challenge and admit uncertainty without apology
- Use pace and pausing, and remove qualifiers that undercut a point
- Handle interruption and being talked over
- Present to a board and answer questions under scrutiny
- Enter a room where you are not expected and establish standing
- Sustain presence over video and without performing

Who should attend

- Women preparing for panel interviews, board presentations, or promotion boards
- Senior professionals whose expertise is not matched by perceived presence
- Women representing their organisation at conferences and public forums
- Client facing consultants, lawyers, and advisors
- Executives preparing for media, investor, or high visibility engagements

Course outline

- 01 Described constantly, taught rarely
- 02 Gravitas and what it consists of
- 03 Holding a position and admitting uncertainty
- 04 Communication, pace and pausing
- 05 Qualifiers that undercut a point
- 06 Appearance, briefly and practically
- 07 Challenge, interruption and the board room
- 08 Presence over video and sustaining it

Upcoming dates



Dates	Venue	Format	Fee per delegate
21 to 23 September 2026	Johannesburg, South Africa	Classroom	R14,950
21 to 23 October 2026	Online	Online	R6,500
4 to 6 November 2026	Windhoek, Namibia	Classroom	R14,950
3 to 5 February 2027	Lusaka, Zambia	Classroom	USD 995

Fees and how to register

This 3 day course is **R6,500** per delegate online, **R14,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 995** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriScience.co.za, or WhatsApp us on **+27 63 479 1136**.

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