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Show up for yourself and others as a professional [1]

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Showing up at your best is not a concept many consider, especially in the context of communicating with others and while attending meetings. While we may have good intentions, they may not be full represented in our actions.

Here are some steps you can take to show up at your best:

1. Identify your goal in a situation. What impact do you want to make? How can you contribute and make the best use of your knowledge and skills? How can you be present and lisen to others who are involved? Once you have answered these questions, you can begin to get a picture of how you want to show up.
2. Prepare for professional situations. Be intentional about how you show up to both informal and formal conversations and meetings. By dressing professionally, begin genuine, speaking with intellect, and staying prepared, you will show up at your best.
3. Consider situations in which you showed up at your best, and situations in which you could have done better. What were the major differences in these situations? Were certain conversations and meetings successful because you were more knowledgable, listened carefully or were more prepared?
4. Get feedback from your team, direct reports, peers and supervisor(s). You may have blind spots and addressing them wil help you improve as a professional and increase your odds of success in many situations.

To learn more about showing up at your best, review the following resources:

Skillsoft Books

On the Verge: Wake Up, Show Up, and Shine [3] by Cara Bradley (248 pages)
Showing Up: How to Make a Greater Impact at Work [4] by Tim Robson (232 pages)

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Skillsoft Videos

The Importance of Showing Up [5] by Whitney Johnson (2 minutes)

Professional Development [6]
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