

Executive Presence Programme



Build authority and influence
when it matters most

A 2-day immersive experience where leaders build
their communication under real pressure so they can
thrive in high-stakes environments

What happens when we find ourselves in high-pressure situations?

Our bodies and minds respond instinctively. Critical thinking narrows, communication falters, we may repeat ourselves or speak too quickly, and our authority can diminish. In high-stakes environments, these reactions can reduce our influence precisely when our expertise matters most.

At C4S Global, we teach performance psychology, behavioural psychology and neuroscience behind pressure, then show leaders how to manage those reactions authentically and effectively. The goal isn't simply to survive pressure, but to thrive under it: showing up with greater clarity, confidence and executive presence, and communicating expertise with authority.

If you're ready to stand out from the competition and perform at your best when it matters most, join our programme.

Designed for Leaders stepping into:

- Board-level conversations
- High-stakes presentations and scrutiny
- Senior stakeholder environments
- Promotion and succession moments
- Commercial decisions with real money at stake
- Any room where credibility matters quickly

What Leaders say after the programme:

"Best course I have been on in years. Equipped with the ability to sell my ideas in critical client pitches "

- Divisional Director

"I've done several programmes in this area, but this was the most complete and practical approach I've experienced, especially under pressure."

- Managing Director

"Being recorded and reviewing it back was a different level.

I could see exactly where my communication dropped and what to fix."

- Senior Leader

Trusted by Leaders at:



What changes after the programme:

- Increased confidence and executive presence under pressure.
- Stronger control in high-stakes conversations.
- Visible authority and influence in senior environments.
- Enhanced capability to use storytelling to build trust and boost engagement.

What happens in the room:

- You're put into high-pressure scenarios.
- Your communication is tested in real time.
- We identify exactly where your communication breaks (structure, pace, clarity, etc.).
- We recalibrate it live and repeat until it holds.
- Recorded sessions give you full visibility on how you perform under pressure.
- Small cohort (maximum 12 leaders) ensures focused, individual feedback.

What we train inside the programme:

- Master Your Mindset
- Stakeholder Engagement & Influence
- Power of Clarity
- Visual & Vocal Presence
- The Art & Science of Storytelling
- Handling Q&A with Credibility
- Strategic Impact

3 Month Programme Journey + Investment

Standard €2150 EU / £2195 UK / R14,500 RSA

Premium €2650 EU / £2695 UK / R18,500 RSA

- 2-day in-person training
- 90 day Graduate community app & peer learning
- Ongoing access to C4S tools & frameworks
- Everything in Standard, plus:
- 2 x 60-minute 1:1 executive coaching sessions

97.8 Net Promoter Score - a level rarely seen in executive training
Based on 1000+ senior leader reviews

