

A NEW APPROACH TO AUTHENTIC LEADERSHIP

Interview TEDx Speaker, Author, and Scientist Dr. Lizette Warner on how to harness the power of biomarkers to become a powerful, poised, and present leader

MEET DR. LIZETTE WARNER



Lizette Warner, PhD, is the Sr. Director of MR Oncology collaborations for Philips, author, speaker, and certified leadership coach.

Dr. Warner is part of the American Association of Physicists in Medicine and has served on the task force, TG294, for Magnetic Resonance Biomarkers in Radiation Oncology Report. She has published or co-authored numerous scientific publications. She has spoken at TEDx, Winter Institute of Medical Physics, various universities, and global Philips events.

Dr. Warner grew up the youngest of 4 in Chicago, speaking only Spanish in her neighborhood until she went to school. Uniquely gifted and talented from a young age, she learned her work ethic from her mother who left school in the third grade to support her family. She graduated in the top of her class from high school, studied electrical engineering, and after working abroad in telecom, she pursued her dream of getting a doctoral degree.

With two small kids, she and her husband moved across the country so Dr. Warner could study at the Mayo Clinic. A few years into her studies, her husband lost his job, making the family's future uncertain. This is where Dr. Warner learned how to embrace

discomfort, uncertainty, and became her parent's example of overcoming the seemingly impossible to finish her studies, being the sole provider for the family while she was finishing her PhD.

She joined Philips after interviewing and landing a job she never applied for or knew existed. She was quickly promoted and found herself on a leadership team, coaching her direct reports and running clinical collaborations for the company. She used her coaching education and certification (Professional Certified Coach with the International Coaching Federation) to help struggling VPs, C level leaders and aspiring directors advance in their careers.

Dr. Warner understands the power of searching for cancer biomarkers – the things that tell physicists and physicians if treatment is having an impact or not – because her older brother contracted pancreatic cancer as she was graduating from the Mayo Clinic.

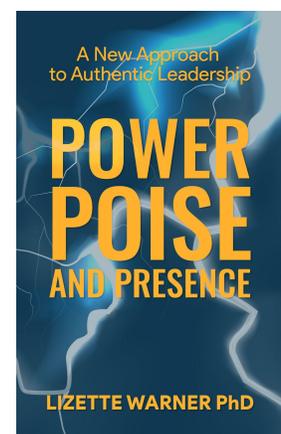
In 2010, Dr. Warner's older brother lost his battle with pancreatic cancer. This was the moment she discovered her recipe for peace, which she talks about in her book as an example of how biomarkers can be used outside of *Power, Poise, and Presence*.

Dr. Warner is part of CHIEF, the private network for women leaders, serving as a guide for other women leaders. In working with men and women struggling to make sense of uncertainty, lacking actionable feedback, and knowing what to do when there is no playbook for unique leadership situations, she wrote her approach based on her healthcare biomarker expertise fused with her leadership development work to scale her results to others quickly.

Her new book, *Power, Poise, and Presence: A New Approach to Authentic Leadership*, provides the antidote to what ails professionals and all aspiring leaders, helping them develop valuable skills, techniques, and principles to apply to their everyday lives. For more information, visit: <https://programs.lizettewarner.com/power-poise-and-presence>.

ABOUT THE BOOK

"This is a book about finding your way to confidence with grace."
–Dr. Jennie Byrne, bestselling author of *Work Smart*
Power, Poise, and Presence: A New Approach to Authentic Leadership



Are you worn out, and exhausted and feeling like you don't have the energy to get it all done? What if you could show up asking the right questions, seeing possibilities, and knowing what the next thing to do is – even when no one else does. What if you could do this in less than 10 minutes?

Power, Poise, and Presence: A New Approach to Authentic Leadership by Lizette Warner, PhD, breaks down the traits that make up authentic leaders so you can create an organization that takes risks, uncertainty, and failure in stride. Readers learn what biomarkers are and how to use them to tackle doubt and fear with an easy-to-create recipe. Discover the tools needed to be powerful, with or without a leadership role. Find calm amid uncertainty or discomfort. Be confident in an emotional situation or in turmoil.

Throughout the book, Dr. Warner, who is also the CEO and founder of Optimum Vobis – a professional development company creating courses and programs for aspiring and established leaders – shares principles, techniques, and stories from clients outlining the research behind this new approach for authentic leadership. She provides unique and valuable feedback with actionable steps we can all take to get ahead.

“When I help people find their authentic leadership zone, they discover something they never knew always existed within themselves and, once discovered, change nothing and everything,” explains Dr. Warner. “I help people uncover their biomarkers for power, poise, and presence and use them in their daily life. For instance, power helps people resolve conflict in various situations. Presence allows them to land new jobs, and poise helps people make the right decision when things seem uncertain. The techniques I use and the findings I share will help guide you along your path to uncovering your own power, poise, and presence.”

Power, Poise, and Presence: A New Approach to Authentic Leadership will be released in January 2023 by New Degree Press and is currently available for pre-sale [here](#).

CHAPTER CONTENTS

- Chapter 1: Addresses the professional and organizational impacts of missing power, poise and presence and the disparity of diversity and lack of women in corporate leadership roles
- Chapter 2: Introduces the foundational concepts of biomarkers as attributes and components of Power, Poise, and Presence characteristics.
- Chapter 3: Utilizes biomarkers to explore the “Power Recipe.”

- Chapter 4: Presents tools to enhance powerful communication muscles.
- Chapter 5: Uncovers various common pitfalls to power as well as various ways perfect power is generated.
- Chapter 6: Explores poise through the lens of biomarkers.
- Chapter 7: Augments poise through various skills, tactics, and techniques that will enhance calm.
- Chapter 8: Tackles potential pitfalls to poise.
- Chapter 9: Reveals how to step into presence.
- Chapter 10: Journeys through the landscape of emotion and other presence derailers and tools.
- Chapter 11: Reveals presence pitfalls and ways to perfect presence.
- Chapter 12: Brings power, poise, and presence together revealing authentic leadership.
- Chapter 13: Unleashes the power of renewable energy and energy efficiency for authentic leadership presence.
- Chapter 14: Aids in finding tangible opportunities to exercise power, poise and presence to create a better world where people are encouraged to be their best at every moment of every day.
- Chapter 15: Teaches how to create a powerful, poised, and present culture.
- Chapter 16: Shows how to create the condition where children can grow up nurtured with power, poise, and presence.
- Afterword: Concludes the journey to the heart of leadership presence with a few observations and some practical next steps.

TALKING POINTS

- How Can Learning to Track Biomarkers Throughout the Day Help Sharpen Leadership Skills
- The Neuroscience Behind Biomarkers and What Role They Play in Achieving Success in Business
- Beyond the “Glass Ceiling”: A Neurological Look at Why Women Climb the Corporate Ladder at a Depressingly Slower Rate Than Men
- What Studies Reveal About Professionals Who Seem to Lack Standard Leadership Skills

- How Understanding Biomarkers Can Advance ERG Efforts in the Workplace
- Why “Perfect Poise” Doesn’t Exist and that’s OK
- How to Utilize Biomarkers to Explore the “Power Recipe”
- How to Bring Power, Poise, and Presence Together To Reveal Authentic Leadership
- Why Saying "I Don't Know" Is the First Path to Wisdom
- How to Tune In Rather Than Turn Away to Turn the Volume All the Way Up
- How to be a Doubt Killer
- Why Getting Help is a Power Move

SAMPLE INTERVIEW QUESTIONS

- What are you hoping people take away from your book?
- What inspired the book? Why power, poise, and presence?
- What's the most important concept discussed in the book?
- What are biomarkers and why are they such important tools to use in our daily lives?
- Embracing the suck? Explain.
- What’s your favorite story in the book?
- How do you juggle/balance it all (being a coach, scientist, author and speaker)?
- How can parents and other caregivers utilize power, poise, and presence?
- What is one thing can people do to advance in their careers?
- What’s your favorite communication tool?

- What's the hardest communication skill for people?
- How would you like to see your work impacting corporate culture?

DISCUSSION TOPICS

- Perfect poise isn't what you think it is. Most think it's perfection. If you are waiting for perfection, you'll be waiting for a long time. A duck gliding on a pond paddles underwater furiously. Paddling furiously in one area of your life to glide effortlessly in another area is perfect poise.
- We hate saying "I don't know." When you think about it, that statement is very powerful because it means that literally anything is possible. Saying "I don't know" is the start of the path to wisdom.
- Rather than ignore, ruminate or get stuck in emotions or sensations, explore the wisdom and insights those experiences contain. We tend to ignore or shut this off when we should be tuning it in. Tuning it in doesn't mean I have to turn the volume all the way up.
- Assess the amount of effort required for activities. Give the right amount of effort for each activity and not a drop more.
- The "suck" is the energy drain you experience from resisting operating out of your authentic leadership values. The suck happens when you wait for someone else to do what you fear doing. Authentic leaders don't avoid the suck, they embrace it with power, poise, and presence.

BOOK ENDORSEMENTS

"Your book honestly reminds me of Daring Greatly by Brene Brown. While the content differs the result, for me, was similar - owning myself and being willing to stand firmly in my own power. I'd tell a friend that if they wanted an engaging, evidence-based book for owning and leveraging their power, poise and presence this book is it."

–Pam Aks, PCC

"Power, Poise, and Presence is a beautiful dance between personal reflection, experiential storytelling, and research backed data. Lizette shows us the true power

that comes with being forged in the fire.” –Sonnie Linebarger, Founder & CEO at Evoke Greatness

“Dr. Lizette Warner’s book is extremely approachable. It isn’t filled with leadership buzz jargon. It’s refreshing and relatable. Power, Poise & Presence has timeless elements leaders can always lean into.” –Doris Parent, Vice President of IDEAS & Strategic Partnerships at The Philadelphia Orchestra

“A mix between Playing Big by Tara Mohr and The Body Keeps the Score by Bessel van der Kolk.” –Margaret Richardson, Chief Corporate Affairs Officer at GoFundMe

“A clear guide on how to develop the ability to accept what is thrown our way and come out looking unfazed and on top.” –Lisa Gable, Former US Ambassador; author of Turnaround: How to Change Course When Things Are Going South

“I loved the introduction! It was honest, genuine, and very inspiring to hear about your personal story with regards to poise, presence, and confidence. The first two chapters gripped me to want to read more, as I am struggling to move into a higher level role with more responsibilities!” –Lori Medugno, Executive Assistant at Philips

“Executive presence is a term that can have multiple criteria and interpretations. Dr. Lizette Warner re-defines presence through a leadership trait that is relatable and actionable - poise. A must-read for new and experienced leaders!”

–Jennifer Straub, Vice President and Dean, School of Business, Technology, and Health Care Administration, Capella University

“This book is about unlocking your confidence in order to be the leader you know you can be. I haven’t read anything similar to this! Such a fascinating read - I’m yearning for more!” –Jessica Carew, Chief of Staff at Bristlecone

CONTACT INFO

Dr. Lizette Warner is available for media interviews and Q&As, expert commentary, feature profiles, guest articles/essays and other byline opportunities, as well as book events and other public speaking engagements.

For more information, visit:

Website: <https://www.lizettewarner.com/>

Twitter: https://twitter.com/lizette_warner

Instagram: https://www.instagram.com/lizette_warner/

Facebook: <https://www.facebook.com/PowerPoiseAndPresence>

LinkedIn: <https://www.linkedin.com/in/lizettewarner/>
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