A woman with glasses, wearing a dark blue suit, is walking on a red carpet. She is carrying a bright pink bag. The background is a solid red wall.

# THE FOUNDER LEADERSHIP PRESENCE BLUEPRINT

A BRIEF GUIDE FOR HIGH-  
INTEGRITY, WORLD-SHAPING,  
WOMEN LEADERS.

**Shirley Osborne | The Power Table**

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# WELCOME TO *THE POWER TABLE*

*The world changes when women lead.*



Power. Purpose. Peace.

I am Shirley Osborne. After many years spent working in politics, women's leadership and global development, I set up The Power Table, because I am committed to women having power and participating without restriction or apology, in all the affairs of our world.

I believe in the power of women's visionary leadership that is grounded in intellect, integrity, and an unflinching commitment to authenticity, a blend of strategic precision and soulful conviction, to help transform our world.

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# INTRODUCTION

Women are rewriting what power looks like. We are choosing clarity over noise, integrity over ambition, impact over performance, and leadership rooted in wisdom, not dominance.

This Blueprint is designed to help you activate your personal leadership presence – the unique combination of voice, clarity, identity, and influence that only you can bring into the world.

Use it as a guide, a grounding tool, and a reminder of the leader you already are.

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# THE 5 PILLARS OF FOUNDER LEADERSHIP PRESENCE



## 1. COMMANDING CLARITY

Powerful leaders speak with intention, precision, and purpose.

Clarity builds trust and trust builds influence.

Your leadership presence begins with knowing what you stand for, and saying it plainly.

Questions:

- What non-negotiable values guide my leadership?
- What am I here to change?

## 2. EMBODIED AUTHORITY

Authority is communicated before it is articulated.

It shows up in posture, energy, timing, movement and stillness.

Women do not need to perform dominance to be authoritative.

Practice:

Stand still. Breathe low. Speak slower. Let silence work for you.

### **3. STRATEGIC VOICE**

Your voice is one of your most powerful leadership assets.  
A strategic voice is confident, measured, and purposeful.  
It knows when to speak, when to listen, and how to shift a room.

Guideline:

Speak from grounded experience, not urgency.

### **4. Integrity-Based Influence**

Influence built on integrity is long-lasting.

Influence without integrity collapses.

Women who lead from integrity do three things consistently:

- Tell the truth
- Keep their word
- Honour themselves and others

### **5. Courage in Action**

Presence is not performance.

Presence is courage, demonstrated repeatedly in small and large ways.

Courage looks like:

- Making a difficult decision
- Speaking an uncomfortable truth
- Choosing standards over approval
- Showing up when it would be easier not to

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# THE POWER OF NARRATIVE



The stories you tell, and refuse to tell, shape perception.

You need three core narratives:

1. Origin Story – how you became who you are
2. Mission Story – the change you are here to make
3. Leadership Identity Story – the woman you are choosing to become

These create emotional resonance and brand coherence.

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# PRESENCE CHECKLIST

## (ONE-PAGE QUICK GUIDE)



Before you enter any room, stage, meeting or conversation:

- My breathing is low and grounded
- My spine is tall
- My shoulders are relaxed
- My intention is clear
- I know my message
- I'm speaking from truth, not tension
- I am here to contribute, not to perform
- I am aligned with my values
- I am ready to listen as much as I speak

This is the internal calibration that builds external power.

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# COMMUNICATION PRINCIPLES FOR POWERFUL WOMEN



1. Say less, mean more.  
Concise is commanding.
2. Slow is strong.  
Fast signals uncertainty.
3. Pause with purpose.  
Let your words land.
4. Tell the truth, cleanly.  
Truth + grace = influence.
5. Never shrink your brilliance.  
Presence is permission.

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# DAILY 7-MINUTE POWER PRACTICE



1. One minute: Stand tall, breathe deep
2. One minute: Ground your intention
3. Two minutes: Visualize your ideal leadership presence
4. Two minutes: Speak your key message aloud
5. One minute: Silent integration

You can do this before speaking, leading, negotiating, writing, or entering any high-stakes space.

# THE TEACHING

You are not here to imitate power.

You are here to embody it.

The world needs women who lead from courage, integrity, wisdom, and clarity – women who do not apologize for their voices or minimize their presence.

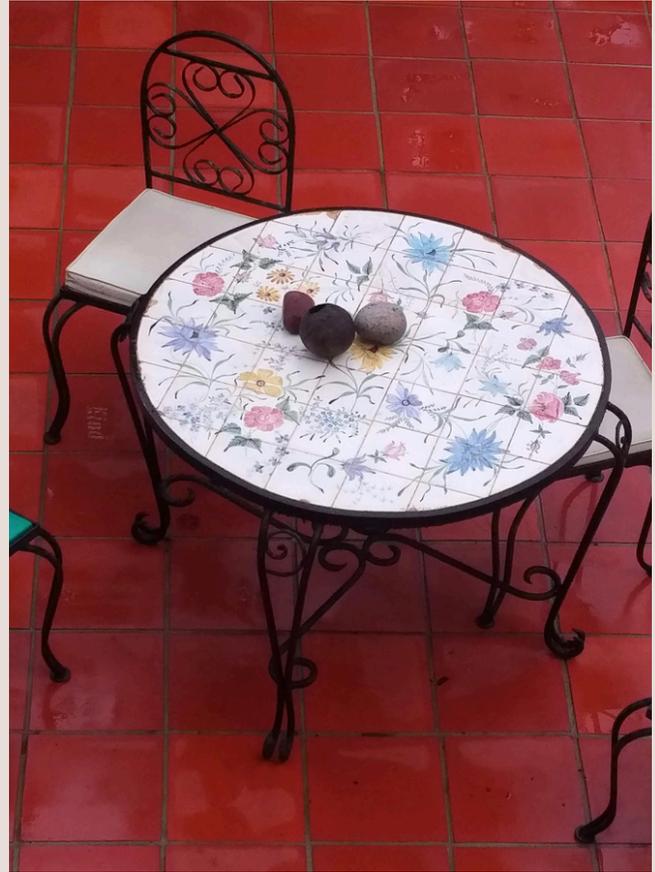
Let this Blueprint be your reminder that you belong at every table you choose to enter – and at many tables you will build yourself.

Welcome to the House of Power.

Shirley M Osborne

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## JOIN US AT THE POWER TABLE



Come on into The House of Power.  
Join us at The Power Table.  
It's a different kind of table.

We have books, conversations, self-care, connection  
and support.

Pour yourself a coffee, pull up your chair, and step  
fully into your power.

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