

Build your confidence. Grow Your Professional Presence.

LinkedIn Learning



October 2022 LinkedIn Learning Challenge: Growing Your Professional Presence

UCOP Colleagues,

Confidence and presence are key to connecting with others, delivering a message, and lifting your career trajectory. Join UCOP Learning & Development in this month's learning challenge, Growing Your Professional Presence. The challenge runs from October 10 - 28, and is structured to help you elevate your communication abilities.

The calendar below includes selected LinkedIn Learning videos that can be completed in 5 – 10 minutes a day. These will help you:

- Become more confident at work
- Project yourself more effectively



Pro Tip: Block off 10mins at the start of your day to complete the challenge activity

If you would like to receive a weekly accountability reminder to stay on track, email oscar.lara@ucop.edu to be added to the challenge list. Feel free to share this challenge with others on your team and build a community of support in completing the challenge!

Happy Learning,


UCOP Learning & Development

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| Develop Executive Presence (4m 12s) | Effective Leadership Requires Executive Influence (3m 10s) | The Factors that Drive Leadership Presence (3m 45s) | Know Your Who (2m 30s) | Activity - Take a few minutes to reflect and note down any takeaways |
| It's All in the Body Language (3m 20s) | The Body Language of Confident People (2m 33s) | Practice Inspiring (3m 48s) | Activity - Take a few minutes to think about the last time you were inspired. How can you bring out this same feeling with your colleagues? | The Keys to Executive Presence (3m 50s) |
| Branding and Credibility (2m 2s) | Uncertain to Optimistic (2m) | Get Noticed by Key Decision Makers (2m 21s) | Reflection: What were your biggest takeaways from the challenge? |  |