

# Presence *Without* Permission

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## Strategic Prep Sheet

*Five questions to answer before any conversation where the stakes are too high to wing it.*

Preparation is not rehearsing the perfect thing to say. It is knowing what you are there to accomplish, what you are willing to accept, and what you are not. Most people skip this step and spend the conversation reacting instead of navigating. This sheet takes ten minutes. The conversation will go differently.

**01** What is the one thing I need to leave this conversation knowing or having established?

Not a list. One thing. If you can name it, you can orient the entire conversation around it. If you cannot, you will be reacting to their agenda instead of advancing your own.

**02** What do I expect them to say, and what is my response when they say it?

Authority figures use predictable pressure tactics. Name the one most likely to derail this conversation (urgency, dismissal, redirection) and decide in advance how you will respond.

**03** What am I willing to accept, and what am I not?

Non-negotiables are only useful if you identify them before the pressure starts. Write down the line you will not move past, and the question you will ask if someone tries to move it for you.

**04** What do I need to ask that I have been avoiding?

There is usually one question you have been softening around because the answer might be uncomfortable. That is likely the most important question to ask.

**05** What does success look and feel like when I leave the room?

Not what you hope happens. What you will recognize as having done the work, regardless of how they responded.

If this preparation raised more questions than it answered, that is not a failure of preparation. Some situations are too layered for a prep sheet alone. The Intensive is where that work happens.

**See how it works -> [presenceaspower.com/#how-it-works](https://presenceaspower.com/#how-it-works)**