

## Borrowed Brilliance: what can we learn from seats?

Where and how you sit can shape how you show up. A seat signals intention: whether you want to lead, listen or learn. Every setting (an event, meeting, or a Zoom call) has its own seat psychology.

When you start to notice the impact of where people sit, you can use it to build confidence and connection.



[Watch on YouTube](#)

### Ideas for action



#### Experiment with your seat at events

At large events, notice where you naturally go. The front helps you stay engaged; the sides or back feel safer.

Try sitting somewhere different to shift your mindset.

If you're hosting, mix up groups so solo attendees feel welcome.

#### Choose your seat consciously at work

In in-person meetings, where you sit matters.

The head of the table signals leadership; the middle builds collaboration; next to the leader borrows presence

Choose your spot to match how you want to contribute.

#### Set up your space for virtual meetings

How you sit frames how you are seen on a screen.

A centred camera, good lighting and clear view of your face and shoulders show confidence and openness.

Take ten seconds before each virtual meeting to check your set set-up.

### Coach yourself

What seating habits have I fallen into?



Which meetings could I use how I'm sitting to increase my impact?

