



Key Skill One: Controlling Nervousness

During this section we will examine why people get nervous during presentations and how to accept and control it.

Key Skill Two: Opening

A listener's attention is usually won or lost in the first two minutes of a presentation. Our goal is to develop and use professional opening techniques that ensure an active engagement by all listeners for the duration of the presentation.

Key Skill Three: Delivery Style

Now we begin to establish the basic rules for how to handle oneself when speaking in front of any group regardless of whether it is just one person or 100+.

Key Skill Four: Closing

One of the most common problems of inexperienced presenters is the tendency to say too much and not bring a point to a **close with impact**. We will learn the basic strategies of closing a message that then leaves an audience with a clear and positive memory of you and your meaning.

Video Review and Individual Coaching

Each participant will receive individual coaching from the workshop coach as well as begin to analyze the presentations of the rest of the group. This is an intensive review of everyone's speaking and networking style with specific instruction on areas to work on.

关键技巧一：控制紧张情绪

在这一阶段中，我们将考察在演讲过程中为什么会紧张以及如何调整和控制紧张的方法。

关键技巧二：开放式技巧

通常在演讲的开始几分钟内，观众的注意力会被吸引到演讲中或者分散到其他部分。我们的目标是发展和运用专业的开放式的技巧，使所有的观众在整个演讲过程中积极地投入其中。

关键技巧三：演讲方式

无论面对一位观众或上百位观众，均可运用基本的方式在演讲中进行自我调节。

关键技巧四：结束语

缺乏经验的演讲者最普遍的问题之一就是演讲中缺少言简意赅、具有影响力的结束语。我们将了解如何运用结束演讲的基本方法使观众对此次演讲及演讲者留下深刻印象。

录影回顾及个人指导

每一位参与者都将接受培训师的个人指导并分析其他参与者的演讲表现。这一阶段的回顾将对每一位演讲者进行集中性的评价并做具体的指导。



ERIC HOUSER (华先锋) has been facilitating business communication throughout mainland China since permanently relocating to Shanghai in 1997. He is a certified Myers-Briggs Type Indicator (MBTI) administer, alternative dispute resolution mediator (ADR), CELTA Educational facilitator from Cambridge University and one of China's only fully licensed Neuro-Linguistic Programming (NLP) trainers personally taught under NLP founder Richard Bandler. Fluent in Mandarin, Eric is familiar from Chinese television for his street interviews on the variety show "OK Xintiandi". Eric has led executive coaching and teambuilding sessions for some of the world's largest operations throughout China such as: Akzo Nobel, Amcham, Areva, Astra Zeneca, Dow Corning, DSM, FMC Technologies, The Home Depot, Lincoln Electric, Motorola, Philips, Rohm and Haas, SPAL, and more. He is currently the Group Manager for EXEC International.

ERIC HOUSER (华先锋) 自从1997年长期定居在上海后，便专注于商业沟通领域。曾是美国州立法院调解员的Eric，不但获得了剑桥大学颁发的CELTA教育培训证书和被授权进行MBTI的专业培训考试的资格，而且还是现今国内少数几位具备由Richard Bandler博士首创并亲自颁发的NLP高级培训师证书的培训者。Eric能说流利的中文，曾在电视节目“OK新天地”中担任街头访问的主持，并以其轻松、诙谐的风格受到观众的熟悉和欢迎。华先锋已为多家财富500强企业在中国开展高级管理指导课程以及团队建设活动。他目前是 EXEC International 的集团经理。