

Stress Management and Emotional Management

Find out emotional source, find psychological motivation sentiment occurred

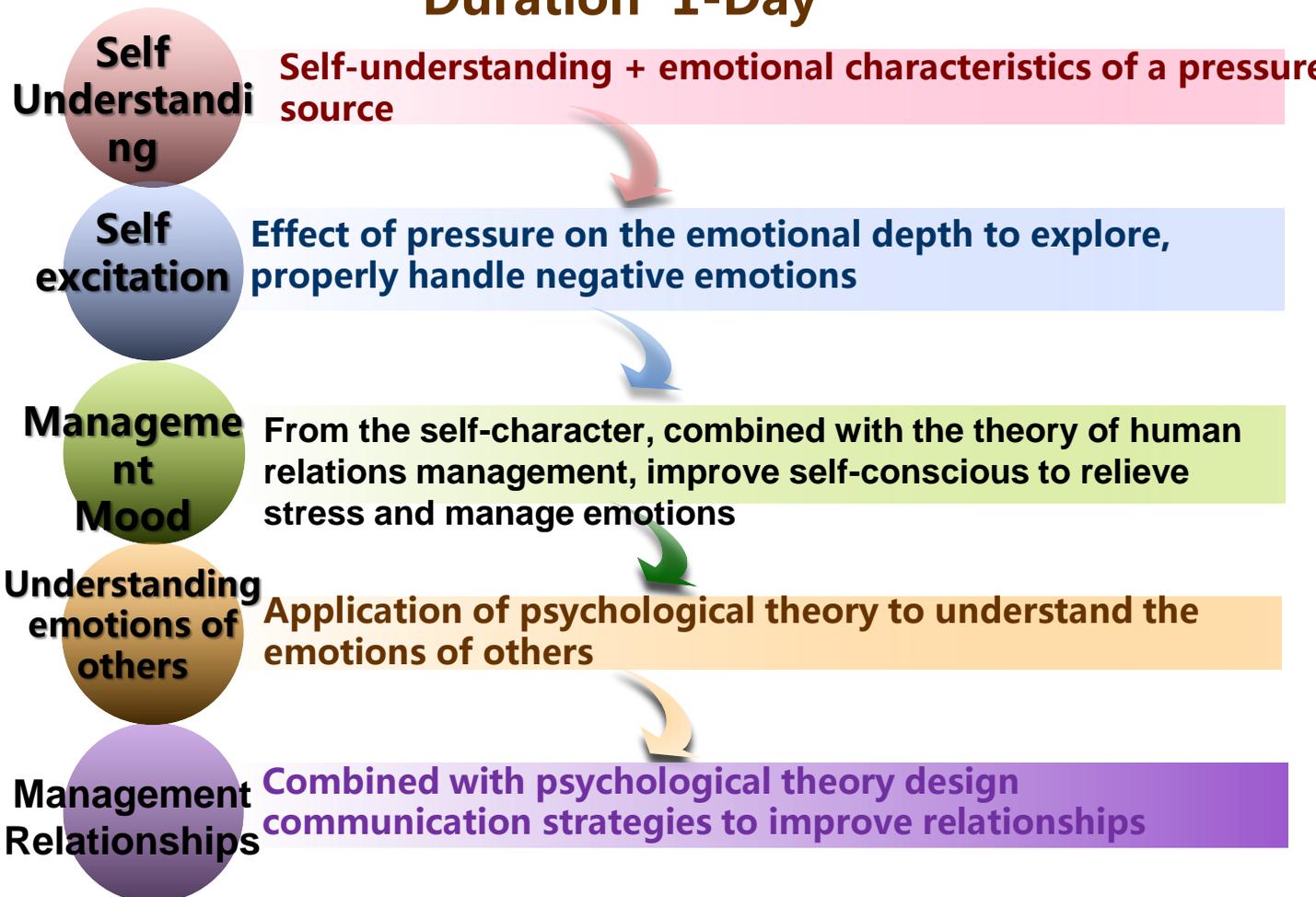
Correct understanding of emotions in others starting point, completely dispel worries

Establish a positive balance of mind, to make working life more enjoyable

Overview

This course can be widely used in all levels of different companies. It will help participants from character level, to understand their own emotions and characteristics of mining due to the pressure brought blind character, then grasp the effective way to relieve stress and emotional control, happy, happy life.

Duration 1-Day



Effective 360° Communication

Understanding the role of communication, personal branding

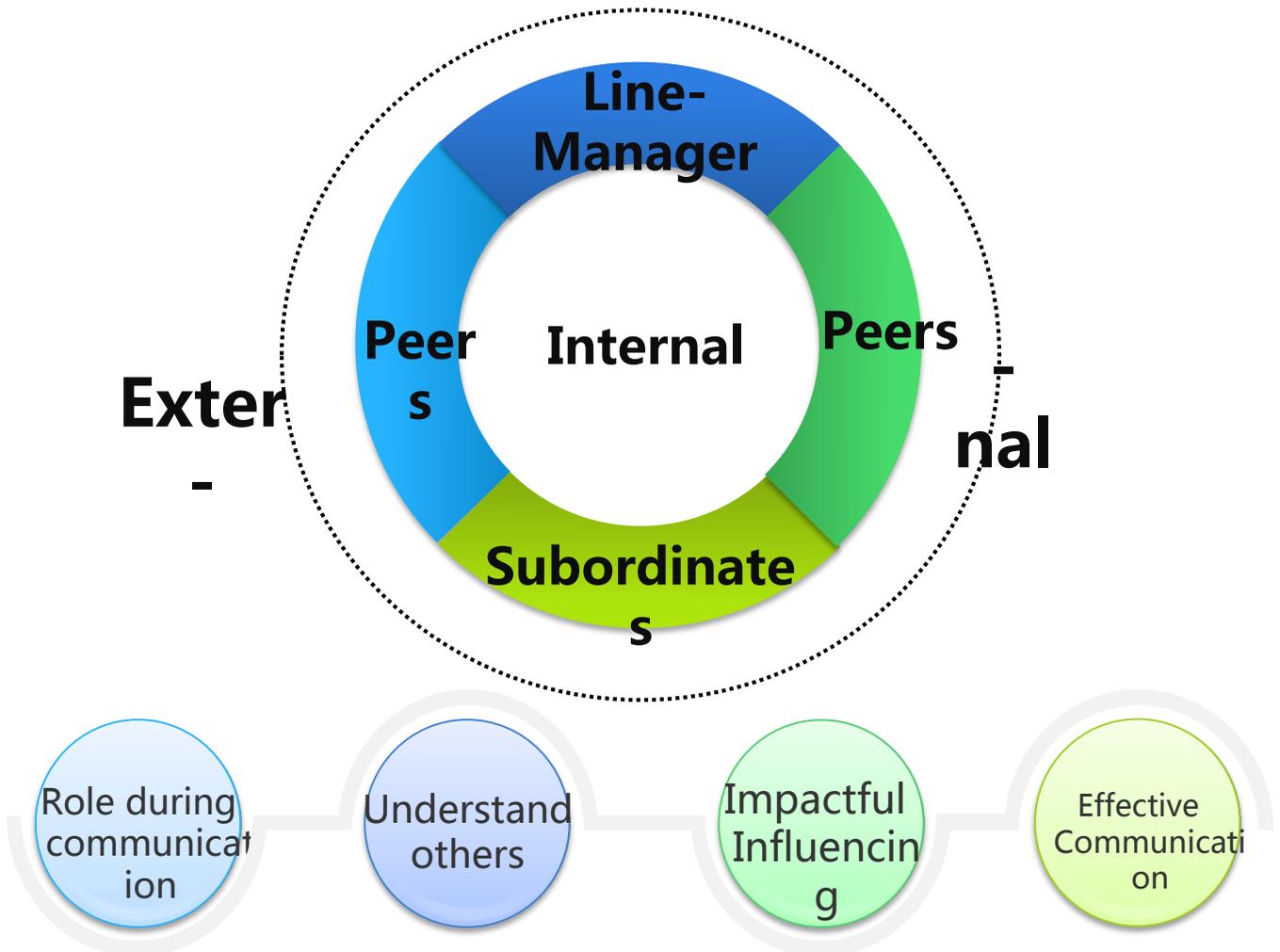
To understand your audience, learning communication skills

To achieve the enterprise, efficient all-round external communication

Overview

Communication everywhere, this course will help trainees understand the deep understanding and communication. Through practices help trainees to enhance communication skills.

Duration 2-Day



Powerful Presentation

Learning how to effectively motivate listeners

Influencing others in impactful skills

Prepare and implement a strong, professional speech / presentation

Overview

Carried out effectively and influential speech / presentation is a very important skill, not only in the workplace formal occasions speech / presentation, but also in many informal meetings were speech / presentation, this course will help students to become a influential speaker.

Duration

2 Day

- 1 Prompt React
- 2 Build Your Speech & Presentation
- 3 Opening & Closing
- 4 Prepare your Material
- 5 Prepare the Visual Aid
- 6 Inspiring the Audience
- 7 Self-Control
- 8 Energize the Speech & Presentation
- 9 Practical Role-Play
- 10 Make Action Plan

MBTI®

Perceiving People, Reading People, Knowing People and Deploying People

Learn to read other people's skills in a short time
Get the ability to predict the behavior of others
To build an effective team to master the scientific method

Overview

This course is a widely used in daily life and practical management psychology courses.

Courses will analyze the tools MBTI® self-awareness and personality psychology, depth to explore their own advantages and blind-spots. Thus, participants effectively identify the characteristics of others, eventually mastered oneself, reading people, Appreciating, the ability to make good use of others' strengths

Target

- Corporate staff at all levels
- All walks of life who wish to master the psychological tools applications

Duration:
1day

**Self-
Exploring**

**Understand
Others**

**Adaptation &
Application**

**Optimize
oneself**

From the beginning of self-analysis, psychological analysis of business management master MBTI® method

Grasp the difference, according to characteristics of the behavior of others, predict their behavior and to respond effectively

Learning and mastering process of tackling problems while handling different types of problem

Appropriate use of conscious communication, leadership, coaching, motivation skill etc