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## *Team Vision Power Talks*

At Team Vision, we have made it our passion to make a positive impact on others. We are always on the lookout to embark on new and challenging projects to reach out to the students and adults alike, to develop their mindset positively and to becoming more enterprising. With our belief in being a “do-er” than a “say-er” we share our experience and knowledge gained from being involved in the day to day challenges of life and how we overcome our obstacles to make things happen.

In addition to our training programmes that are conducted in-house and public (depending on the needs of the client) we also do **Power Talks** on important life-skills topics. Our programmes are focused towards development of personal skills, interpersonal relationship and leadership qualities.

Our Power Talks are usually 2 hours and can be customised according to the clients’ needs (mainly for in-house). These Power Talks also include activities that reinforce the learning and application of what was learned in their daily work and life (experiential learning).

### **Our Power Talk Topics:**

1. Morale and Teamwork
2. Master Communicator
3. Power Presentation Skills
4. Emotional Intelligence at Work
5. Managing Changes at Work
6. Binary Goal-Setting
7. Confidently Fit!

In addition to our training programmes including Power Talks, we provide the **organising and facilitating of Networking Events, Business and Youth Conferences** as **Value-Added Services** to our invaluable clients.

Our training programmes can be **Customised** according to the need of the clients. **Customer-Satisfaction** and **Follow-Ups** are a compulsory part of our services. We invite you to **contact us** for an obligation-free quotation and meeting regarding your organisation’s professional development needs. We will be most happy to assist you.

**E-Mail :** [createvision@teamvision.com.sg](mailto:createvision@teamvision.com.sg) **Telephone :** (+65) 6297 1996 **Fax :** (+65) 6338 6311

**Address :** No. 1 North Bridge Road, #22-07 High Street Centre, Singapore 179094

*We BELIEVE in providing you a SOLUTION, not in selling you a product.*

## ***1. Morale and Teamwork***

Morale is vital for any organisation to forge their staff together as a team. Boosting ones morale need not be an elaborate or costly affair.

Simple but essential acts can boost ones Morale and bring people together and build and bond a great & dynamic team.

When the morale is boosted and at a high – the organisation benefits in having a happier work-place and higher productivity.

Learn important and essential tips to Boost your Morale and Build and Bond a dynamic Team!

### **Duration**

2 Hours

### **Course Venue(s)**

Local (Singapore) – at Company Venue, Club House, Hotels

### **Course Fee**

Public : S\$70 per participant

In-House : S\$450 (for 20 participant)

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## ***2. Master Communicator***

Confident communicators perform better in the work and are more productive towards their company. This Power Talk introduces the important and essential concepts and techniques that will help to build the participants' self-esteem and make them feel better about themselves when communicating to the public (eg. customers/clients), colleagues, various levels of management, and friends.

The participants will also learn important techniques and tips for listening and understanding, to think on their feet and communicate for on-the-spot situations like press interviews/comments, time and body language management.

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### ***3. Power Presentation Skills***

Presentation skills are essential needs for not only sales and marketing personnel, but also the other staff who will need to presentation during various stages of their career to convey their team's thoughts ideas that will lead to a more productive work-environment contributing to the progress of their companies.

This Power Talk introduces the important and essential concepts and techniques to make powerful and convincing presentations using pace and structure more powerfully, differences between good and bad presentation slides, and time and body language management.

The participants will also learn the important techniques and tips on how prepare and present to the various types of target audience including multi-cultural and multinational audience.

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#### ***4. Emotional Intelligence at Work***

**"Anyone can be angry - that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - that is not easy." Aristotle**

**"When corporations hire MBA graduates, the three most desired capabilities are ; communication skills, interpersonal skills, and initiative."**

The most intelligent people (with high IQ) are not always the people you are either satisfied with their lot or who rise to the top of organizations. It's the 'people people' who achieve the most consistent rewards in their personal and professional lives. Emotional Intelligence is what helps them do this.

**Emotional Intelligence** is about learning how to manage personal interactions and knowing how to use communication to maximum benefit.

The work place is governed by rules and regulations. But a lot of the implicit rules of organizations are unstated. These are the organically 'grown' rules and expectations that have to be leaned. Emotional Intelligence helps to understand these implicit rules and to, consequently

The Power Talk will cover the important elements of Emotional Intelligence and show how the techniques to improve social interaction at work can be learnt and practiced.

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## ***5. Managing Changes at Work***

Managing changes is a critical skill required in a fast-changing work environment in which most organisations find themselves in now. It is an important skill for all staff including those in the management to know how to understand and support their team of colleagues when they are going through changes at work.

This Power talk will introduce the essential and important techniques and tips on how to understand the mindset of the various staff at work, motivate the staff and communicate to them to adopt and embrace the changes at work for better performance and productivity.

The participants will also learn the techniques and tips of self-motivation and mindset changing to be adaptable to various changes in their work environment.

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## ***6. Binary Goal Setting***

Setting goals has a powerful force into driving us towards achieving them. We may know the SMART goals; learn the binary goal setting to achieve your lifelong dreams and to make them your reality.

In this Power talk, the participants will learn the essential and fundamental techniques and tips of setting binary goals, identifying individual goals relating to self, and creating the intense desire to reach for their goals to become a more confident and purpose-driven person

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## ***7. Confidently Fit!***

People who excel in life have unique perspectives that add joy and meaning to their lives. Learn the perspectives and strategies to life your live to the fullest.

In this Power Talk, the participants will learn the important and essential techniques and tips to develop and keep a positive attitude, develop a more positive self-image, and build strong self-confidence and self-esteem.

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