

EIY PROFILE

2025

Empower you with SELF-CONFIDENCE
to achieve CAREER SUCCESS





INTRODUCTION

When it comes to establishing a business, no two stories are the same. Eiy Public Speaking & Professional Development, born from the founders' experience in international corporations, aims to help individuals conquer their fear of public speaking.

Inspired by observing experienced professionals struggling with communication fear, the founders established Eiy with a mission to empower learners with self-confidence for career success. Public Speaking, Communication, and Leadership are the keys to unlocking your potential.

Join us on the path to self-confidence!

Yours in lifelong learning,
Eiy Founding Team



ABOUT EIY

10.000+

Corporate Professionals

EXPERT INSTRUCTORS

- Managers and Trainers in Fortune Global 500
- World champions of Public Speaking.
- Globally certified instructors.

100+

Corporate Clients

OUTCOME COMMITMENT

Commit to REFUND 100% tuition fee if learners' progress is not improved.



50.000+
Invested Hours To Build Training Materials From Credible Resources

WORLD CLASS METHODOLOGY

- Trusted training resources from Stanford, MIT and updated every 6 months.
- Acquisition of 4 levels of SELF-CONFIDENCE from inside and out
- Practice-based approach with 70:20:10 model.



OUR PROGRAMS



**IMPACTFUL
PRESENTATION**



**PUBLIC
SPEAKING CLUB**



**STRATEGIC
COMMUNICATION**



**INFLUENCE
WITHOUT AUTHORITY**



**ENGLISH FOR
SPECIFIC PURPOSE**



OUR PROGRAMS



NEGOTIATION MASTERY



BUSINESS STORYTELLING



DISRUPTION & INNOVATION



MINDFUL MANAGEMENT



DIVERSE LEARNING EXPERIENCE



Cultural Inclusivity



Collaborative Learning



Global & Local Contexts



Personalized Feedback



Technology Integration

LEARN WITH A.I



BEFORE TRAINING

- **Public Speaking Placement Test:**
 - Free AI-powered speech assessment (via Yoodli)
 - Individuals take a pre-course AI assessment and receive a report on strengths & weaknesses.

DURING THE TRAINING

- **In-class training:**
 - Live instructor-led sessions introduce key public speaking concepts.
 - AI-driven self-practice with Yoodli (speech analysis, filler word tracking, pacing feedback).
 - Virtual Speech VR practice for overcoming stage fright & simulating real-world scenarios.
 - Gamified AI milestones keep engagement high (e.g., speech score improvements, filler word reduction).
- **Out-of-class training:**
 - Learners practice industry-specific presentations in VR.
 - Role-play with AI to practice different communication scenarios.
 - Receive specific feedback in term of strengths & improvements for continuous development.

AFTER TRAINING

- **Continuous practice:**
 - Learners continue practicing Public Speaking, Communication, Leadership skills & receiving feedback from AI to keep enhancing their skills.
 - Learners receive both qualitative and quantitative individual progress reports generated by AI & human being for an objective future development.

ENGLISH FOR SPECIFIC PURPOSE

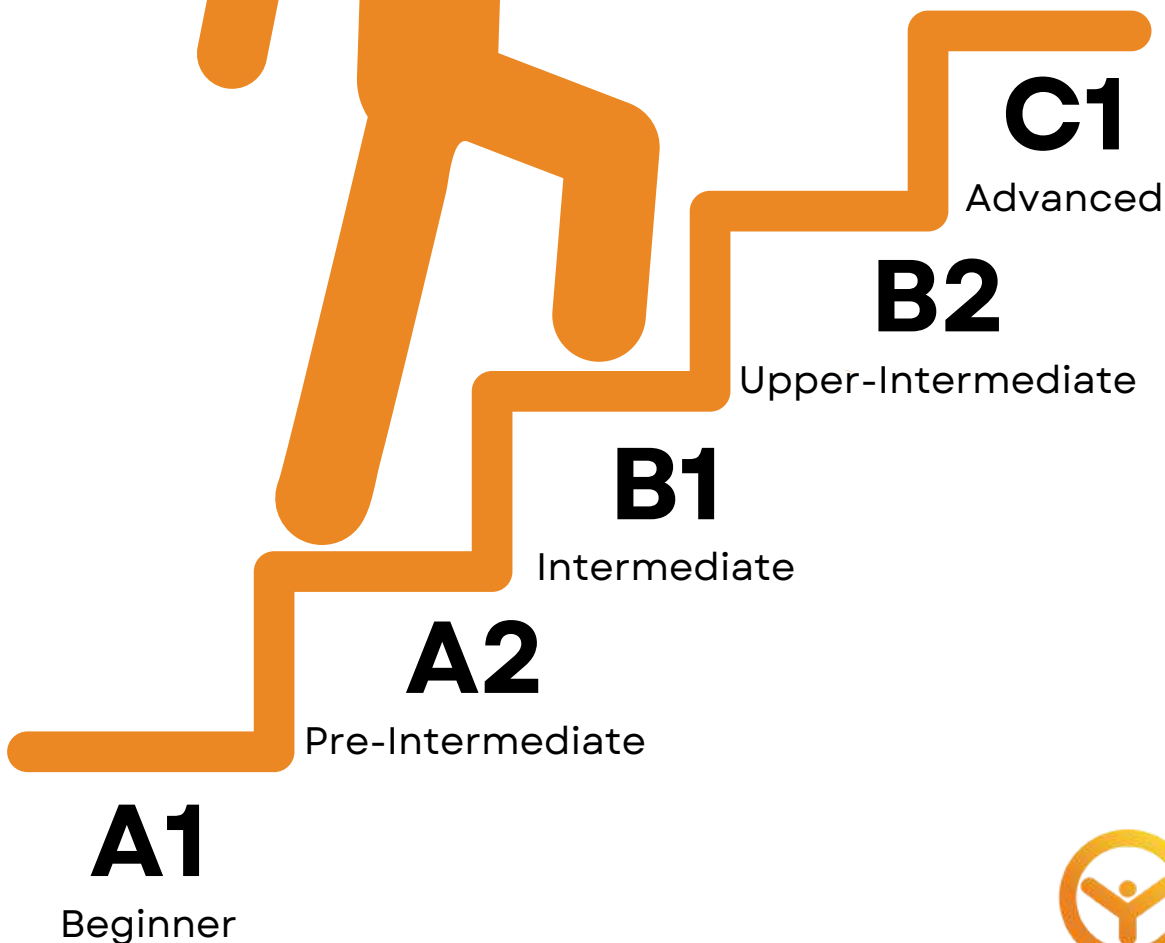


Empower you with Self-confidence
to achieve career success

Prepared by: Eiy Public Speaking & Professional Development

TRAINING JOURNEY

6 months included:
Training: 72 hours
1.5h/ session
2 sessions/ week
Self-study: 72 hours
Eiy home challenges
Online AI-based practice
English speaking club



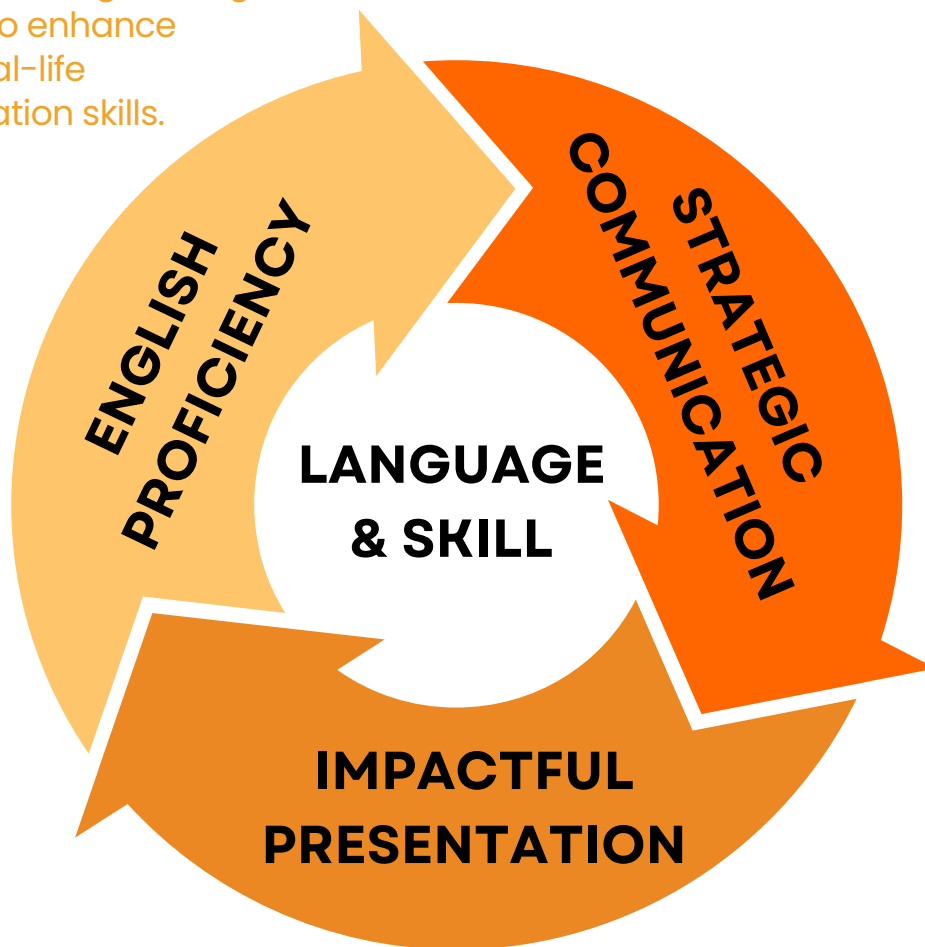
PROGRAM OBJECTIVES

Objective

- Vocabulary, grammar & pronunciation
- Integrated-skills approach (*Listening, Reading, Writing, Speaking*) to enhance learners' real-life communication skills.

Objective

- Develop tactics to effectively manage & participate in difficult workplace contexts



Objective

- Presentation delivery techniques
- Presentation content-building techniques
- Confidence & clarity

HOW TO CONDUCT

1

SCHEDULE

- 1.5h/session
- 2 sessions/week



2

ORGANIZING TEAM

EIY & Client



3

LANGUAGE

99% English



4

PARTICIPANTSUp to 15
learners/class

5

LOCATION

Client Office



6

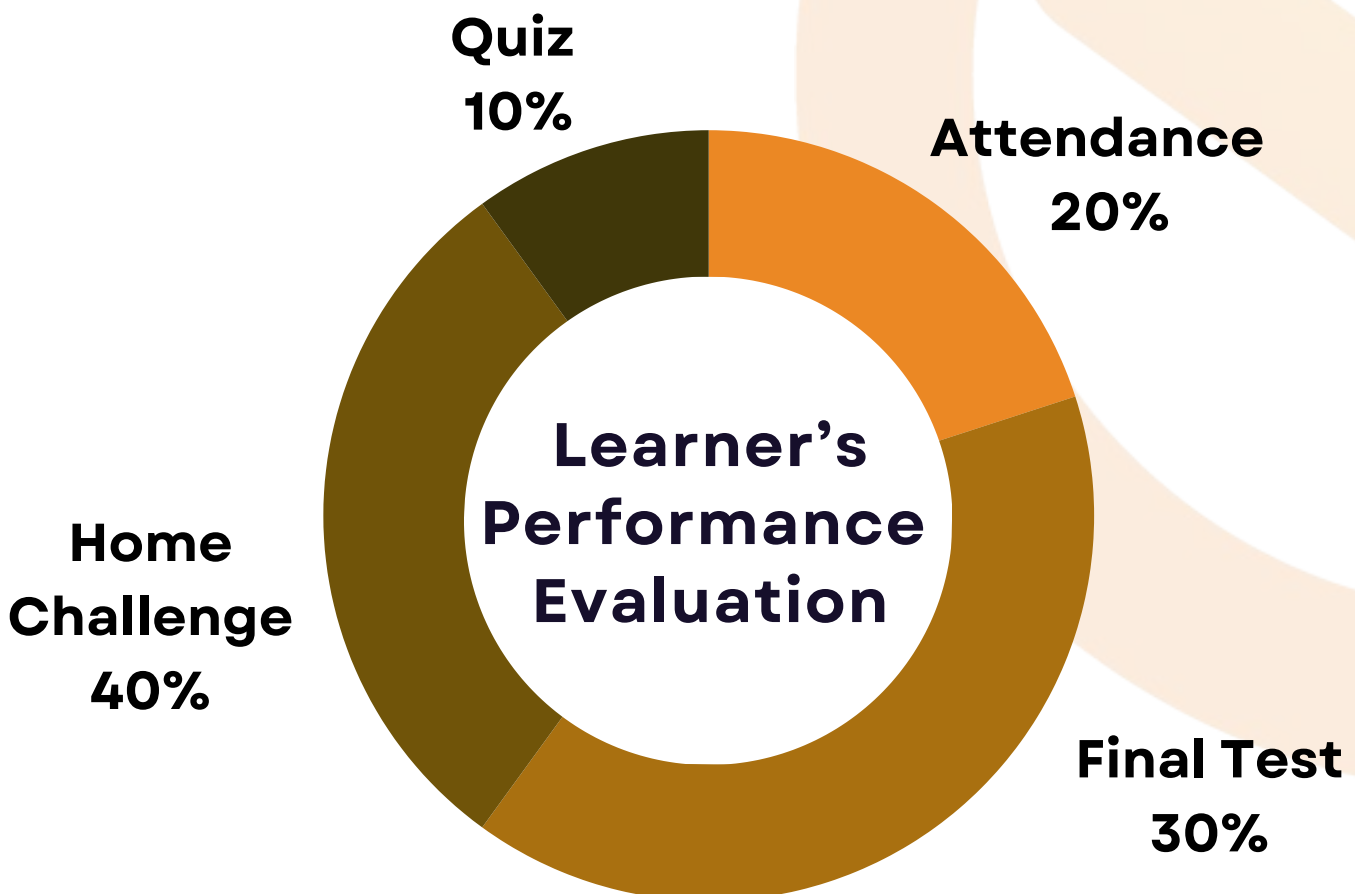
**INSTRUCTING
TEAM**

- Each session has
- 1 Instructor
 - 1 Coach Assistant



EVALUATION

	Purpose	Test by EIY	Global certified test <i>IIG Toeic Test (4 skills test)</i>
Placement test	<ol style="list-style-type: none"> 1. Compare input and output 2. Address challenges and level 	Free	3.625.000 VND/ pax
Formative Test	<ol style="list-style-type: none"> 1. Track Learner progress 2. Feedback for improvement 3. Address sub-area-of-development 	Free <i>1 test/ month x 6 months</i>	
Final test	<ol style="list-style-type: none"> 1. Compare input and output 2. Evaluate & Measure learning outcome 3. Accountability & Grading 	Free	3.625.000 VND/ pax



IMPACTFUL PRESENTATION



Empower you with Self-confidence
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Prepared by: Eiy Public Speaking & Professional Development

PROGRAM OBJECTIVES



1. BODY LANGUAGE & VOCAL VARIETY

- Use postures, movement, hand gestures, facial expressions, and eye contact to express your message and achieve your presentation's purpose.
- Explore and practice volume, pause, rate, pitch, and put emotions into what you say.

2. PRESENTATION PREPARATION

- Audience analysis.
- Nervous management.
- Presentation preparation.

3. PRESENTATION ORGANIZATION & ENGAGEMENT

- Organize your presentation in clear way.
- Attract your listeners to your presentation at the beginning.
- Conclude with an impactful message.

4. AUDIENCE ENGAGEMENT

- Capture listeners' attention.
- Conclude your presentation with a message.

CURRICULUM

SESSION 1

GIVE & RECEIVE FEEDBACK

- What is constructive feedback
- Why & how to give constructive feedback
- How to receive constructive feedback
- Practice

SESSION 2

BODY LANGUAGE

- Stand confidently
- Use hand gestures impactfully
- Move purposefully
- Make eyes contact
- Express different facial expressions to generate emotions & attention

SESSION 3 + 4

VOCAL VARIETY

- Rate
- Volume
- Articulation
- Pause
- Pitch
- Practice

SESSION 5 + 6

CRITICAL THINKING

- Detect fallacies in public speaking, presentation and training
- Respond to fallacies
- Evaluate evidence
- Form a critical idea
- Practice

SESSION 7

PRESENTATION PREPARATION & ANXIETY MANAGEMENT

- Steps to prepare a speech/ presentation
- Methods to manage anxiety

CURRICULUM

SESSION 8

MAKE YOUR IDEAS CLEAR

- Discover different frameworks to make your ideas clear
- Get to the point instead of wandering around

SESSION 9

ENGAGE YOUR LISTENERS

- Capture audience attention right at the beginning of a presentation
- Conclude with a call for action

SESSION 10

VISUAL AIDS, HANDLE Q&A SESSION & TECHNICAL MISHAPS

- Different types of visual aids
- How to use it to create impact
- How to handle technical mishaps
- How to manage Q&A session professionally

SESSION 11

RHETORICAL DEVICES

- Choose words and grammar which communicate clearly
- Choose words and grammar which appeal to the senses
- Eliminate jargon

CURRICULUM

SESSION 12

SPEAK WITHOUT PREPARATION

- Discover LEADERS' SCRIPT framework to speak without preparation in the following situations such as networking events, pitching, project updates,...

SESSION 13 + 14

BUSINESS STORYTELLING

- What are the components of a story?
- Why story?
- Story framework
- Story element
- Different types of stories in business such as sales stories, leadership stories,...

SESSION 15

ANALYZE & APPLY INFLUENCE

- Audience analysis
- Normative influence
- Individuation
- Calls for action

SESSION 16

SPEAK TO PERSUADE

- 18 persuasive techniques
- Practice using persuasive techniques in different contexts

CURRICULUM

SESSION 17

SPEAK TO PITCH

- Core elements of a pitch
- Pitching framework
- Handle questions from listeners after your pitch

SESSION 18

DELIVER A PERSUASIVE PRESENTATION

- Direct a persuasive appeal to audience's self-interests using a combination of fact & emotion
- Persuade the audience to adopt your viewpoint

SESSION 19

SPEAK ON SOCIAL WORKPLACE OCCASIONS

- Introducing a speaker at a company's event
- Presenting an award
- Accepting an award
- Mastering a toast

SESSION 20

SPEAK ON A PANEL DISCUSSION

- Steps to prepare for a panel discussion
- What does a moderator do?
- What does a panelist do?
- Moderate a panel discussion professionally

EVALUATION

Pre-Assessment

Purpose

- Address learner's strengths & challenges in Public Speaking
- Determine learners' level to place them in the appropriate class

Format

- 1-1 online/ offline interview with EIY instructors

Formative Assessment

Purpose

- Track learners' progress
- Provide constructive feedback for further improvement

Format

- Home challenges & online quizzes

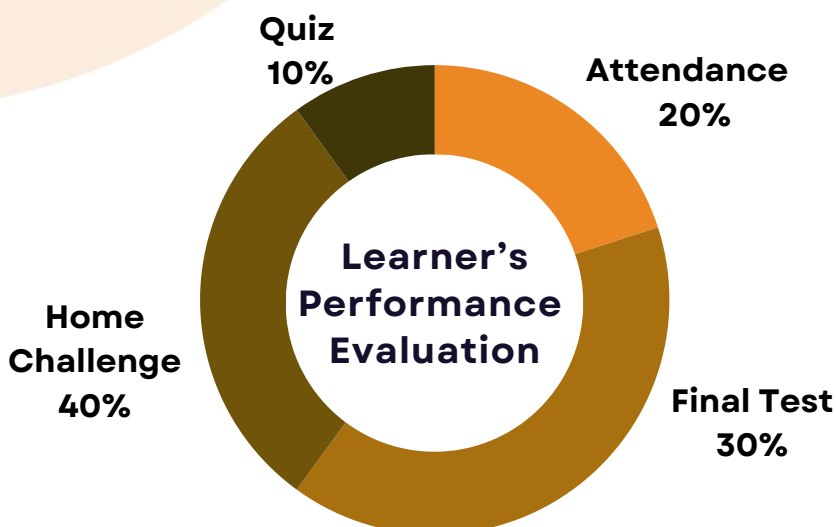
Final Assessment

Purpose

- Evaluate & measure learners' growth

Format

- 5-minute presentation followed by a Q&A session



PUBLIC SPEAKING CLUB



Empower you with Self-confidence
to achieve career success

Prepared by: EIY Public Speaking & Professional Development

PROGRAM OBJECTIVES

1.



To upgrade Public Speaking, Communication skills of members to advanced level by immediate evaluation & speeches without preparation.

2.



To boost confidence in Workplace Communication contexts & gain competitive advantage in the workplace.

3.



To network with other professional members.

4.



To provide Public Speaking & Workplace Communication training for members & guests once a while.



CLUB CURRICULUM



English Speaking Club takes 30 hours in 20 sessions (1.5h/session). It includes 4 pillars:

No/ Month	Public Speaking & Presentation Training	Public Speaking Club Meeting	Effective Communication	English Speaking Club Meeting
1	Body Language	Stress Management	Constructive Feedback	Well-being
2	Vocal Variety	Productivity	Working with Internal Stakeholders	Work-life Balance
3	Make Your Ideas Clear	Task Management	Working with External Stakeholders	Career Development
4	Engage Your Listeners	Time Management	Leading an Effective Meeting	Creativity
5	Critical Thinking	Leadership	Review and Final Test	
Format	30% Training 70% Practice	100% Practice	30% Training 70% Practice	100% Practice

TRAINING AGENDA

To provide a challenging, professional and committed environment for members to practice Public Speaking and Communication Skills

INFORMATION Duration: 1.5 hours **MISSION** **WORD-OF-THE-DAY**

AGENDA	TIMING	PIC
Members and Guests Welcoming Opening Address	5 mins 5 mins	All MC
Key Role Holders Introduction	5 mins	MC
PREPARED SPEECH SESSION	25 mins	CLUB MEMBERS
3 Speeches Timing Report	5-7 mins/speech 2 mins	3 Speakers 1 Timer
IMPROMPTU SPEAKING & REPORT SESSION	35 mins	CLUB MEMBERS
Impromptu Questions & Answers Grammarian Report Ah-Counter Report Evaluation for Prepared Speakers	1-2 mins/answer 2-3 mins 1-2 mins 2-3 mins	Impromptu Master Grammarian Ah-Counter 3 Evaluators
REPORT SESSION	5 mins	General Evaluator
BEST SPEAKER ANNOUNCEMENT & CLOSING ADDRESS	5 mins	MC

STRATEGIC COMMUNICATION



Empower you with Self-confidence
to achieve career success

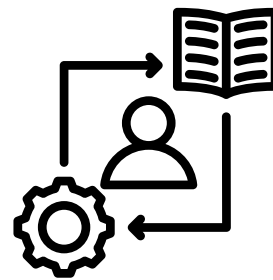
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PROGRAM OBJECTIVES

PRESENTATION MASTERY



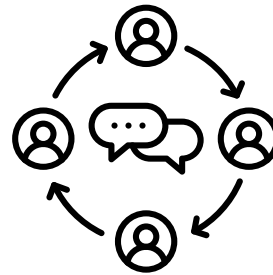
To equip learners with the advanced presentation skills



COMMUNICATION & CONFLICTS



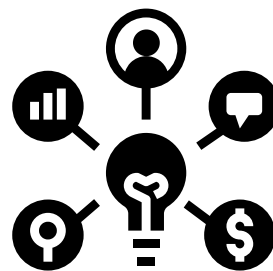
To develop tactics to effectively manage and participate in difficult conversations in the workplace



STRATEGIC COMMUNICATION



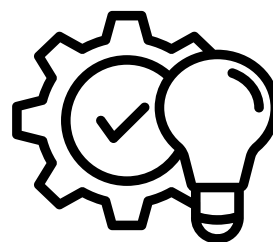
To communicate effectively & impactfully in different workplace communication contexts



TRAINING DELIVERY



To conduct a training for your team members, clients, stakeholders,....



HOW TO CONDUCT

1

LENGTH & SCHEDULE

- Total 21h in 7 weeks
- 1.5 hours/session
- 2 sessions/ week



2

ORGANIZING TEAM

Eiy & Client



3

LANGUAGE

99% English



4

PARTICIPANTS

Up to 15 learners/class



5

LOCATION

Client Office



6

INSTRUCTING TEAM

Each session has

- 1 Instructor
- 1 Coach Assistant



TRAINING AGENDA

SESSION 1

A FACT FINDING REPORT PRESENTATION

- Prepare a report on a situation, event, or problem of interest to the audience.

SESSION 2

THE DEMONSTRATION PRESENTATION

- Prepare a demonstration speech to clearly explain a process, product, or activity.

SESSION 3

THE PERSUASIVE LEADER

- Communicate your vision and mission to an audience.
- Convince your audience to work toward achieving your vision and mission.

SESSION 4

SPEAKING TO INSPIRE YOUR TEAM MEMBER

- Identify and understand the basic differences and similarities between inspirational speech and other kinds of speech.
- Motivate and inspire others.

SESSION 5

SPEAKING IN AN INTERVIEW AS A GUEST

- Prepare for the questions that may be asked of you during an interview program.
- Present a positive image on the camera.
- Perform in an interview as a guest speaker.

TRAINING AGENDA

SESSION 6

THE PROFESSIONAL SEMINAR 1

- Plan and present a seminar with specific learning objectives.
- Relate to the audience by using a seminar presentation style.

SESSION 7

THE PROFESSIONAL SEMINAR 2

- Use seminar presentation techniques to promote group participation, learning and personal growth.
- Conduct a seminar.

SESSION 8

COMMUNICATION PROCESS

- Discover RELATE framework of communication, developed at the MIT Sloan School of Management to support a scalable communication strategy.

SESSION 9

COMMUNICATING BAD NEWS & CHANGE

- Deliver bad news with tact and sensitivity.
- Organize your speech appropriately for your audience.
- Conclude with a pleasant note and maintain the audience's goodwill.

SESSION 10

COMMUNICATING CONFLICTS

- Relationships at work matter. But, how do you build them? And, what do you do when a conflict arises?
- Learn and practice communication strategies for establishing rapport and resolving conflicts.

TRAINING AGENDA

SESSION 11

STRATEGIC COMMUNICATION

- Define the concept of strategic communication and its importance in achieving organizational objectives.
- Explore the role of strategic communicators and their impact on decision-making processes.

SESSION 12

STRATEGIC COMMUNICATION (TBC)

- Apply strategic communication in workplace contexts.

SESSION 13

REVIEW

- To review all lessons from the beginning until the review session.

SESSION 14

FINAL TEST

- To conduct a final test for learners to evaluate learners' growth.

EVALUATION

The evaluation includes

- *Post-session evaluation, in which learners will practice the techniques of each session & receive feedback from instructors.*
- *A final exam, in which you will demonstrate your understanding and application of concepts covered throughout the program. Learners will receive **a case-study** in the final day of the program and apply presentation and communication techniques to resolve the case-study and enact a role-play or presentation.*



Post-session evaluation



Post-program evaluation



INFLUENCE

without Authority

Empower you with Self-confidence to
achieve career success



PROGRAM OBJECTIVES

Gain deeper insight into the psychology of persuasion



Identify new, diverse, and evidence-based persuasion strategies.



Create a persuasion toolkit to guide your future persuasion practice.



Enhance your ability to have persuasive impact in a variety of settings.



JOURNEY

4. SELF-PERSUASION

How do you get people to persuade themselves?

3. CREDIBILITY

How do you establish expertise and make your information seem valid?

2. TRUST

How do you build trust so that your message can have greater impact?

1. ENGAGEMENT

- How do you engage your audience?
- How do you get them to pay attention and think about what you have to say?

8. CERTAINTY

How (and why) do you build your audience's certainty?

7. UNCERTAINTY

How can you use uncertainty to your persuasive advantage?

6. RESISTANCE

How do you disarm your audience and reduce their resistance?

5. PERSUADING OTHERS

How do you use persuasion techniques to influence without authority?



CURRICULUM

1

ENGAGEMENT

Engagement is the initial foundation of persuasion, yet many may skip. It's essential to use techniques to engage stakeholders by

- Leverage the importance of message
- Use engagement triggers
- Establish the similarity.

2

TRUST

1. Identify factors of building trust

2. Use techniques to build trust by

- Use credible sources
- Take unexpected position
- Highlight the negative beside the positive to show your authenticity.

3

CREDIBILITY

Credibility helps you gain admiration and approval from audiences. It is essential to know ways to show sense of credibility through

- Heuristics
- Ease
- Thought
- Calibration

4

SELF-PERSUASION

Self-persuasion is getting audiences to tap into their own attitudes, ideas, and behaviors, and how they support your desired conclusion or outcome. It's essential to use techniques to leverage self-persuasion by

- Self Associations
- Role Playing
- Mere Thought
- Self-Perception

CURRICULUM

5

PERSUADING OTHERS

It's essential to use 18 techniques to persuade others, integrated with the study of human psychology in communication.

6

RESISTANCE

1. What's Behind Resistance?
2. Friendly Framing
3. Apply Reverse Psychology
4. Make it Easy to Agree

7

CERTAINTY

Discover techniques of

- Consensus
- Repetition
- Defense

to leverage certainty within stakeholders, thus shifting their status from consideration to action.

8

UNCERTAINTY

1. Use the upside of uncertainty in persuasion
2. Know how to leverage uncertainty in persuasion by
 - Expressing uncertainty
 - Highlighting Potential
 - Inserting Pauses



NEGOTIATION MASTERY

Empower you with Self-confidence
to achieve career success

Prepared by: EIY Public Speaking & Professional Development

PROGRAM OBJECTIVES

Master influence techniques to shape outcomes.



Negotiate win-win deals with a focus on empathy and assertiveness.



Confidently manage complex, cross-cultural negotiations.



HOW TO CONDUCT

1

LENGTH & SCHEDULE

Total 16 hours of in-class training & practice.

- 4 half-day sessions
- 4 hours/ a session
- 1 session/ a week



2

ORGANIZING TEAM

EIY & Client



3

LANGUAGE

English/Vietnamese



4

PARTICIPANTS

Up to 15 learners/class



5

LOCATION

Client Office



6

INSTRUCTING TEAM

Each session has

- 1 Instructor
- 1 Coach Assistant



CURRICULUM

TO NEGOTIATE OR NOT TO NEGOTIATE

- Introduction to Negotiations
- The Choice to Negotiate
- Negotiation: Outside Negotiation



WHO GETS WHAT IN A NEGOTIATION

- The Infrastructure of Negotiation
- Planning for Negotiations
- Negotiation: BioPharm-Seltek

CREATING AND CLAIMING VALUE

- Creating Value to Claim Value
- Negotiation: New Recruit
- Is S/he Who Speaks First Really Lost?



HAVING (AND NOT HAVING) POWER

- Leveraging the Darker Strategies
- Negotiation: Federated Sciences Fund
- Cross-Cultural Negotiations
- Challenges for More Than Two

YOUR FUTURE NEGOTIATIONS

- Program Wrap-Up
- Exercise: Map Out an Upcoming Negotiation



TRAINING AGENDA

SESSION 1

TO NEGOTIATE OR NOT TO NEGOTIATE

- Why aren't you negotiating?
- The choice to negotiate: When and why negotiations matter.
- Types of negotiations: Personal, professional, and external.

ASSIGNMENT: Outside negotiation - Negotiate a product/service with a fixed price

SESSION 2&3

WHO GETS WHAT IN A NEGOTIATION

- Creating the common ground
- The infrastructure of negotiation
- Identify your goal
- The power of alternatives
- Types of issues in negotiations: how to distinguish among Distributive, Integrative, and Congruent issues
- Case study: BioPharm-Seltek

ASSIGNMENT: Negotiate to acquire a manufacturing factory

TRAINING AGENDA

SESSION 4&5

CREATING & CLAIMING VALUE IN NEGOTIATION

- Expanding the pie: Creating value that benefits all parties
- Mixed motives in negotiation
- Claiming value: Techniques to secure what you want while ensuring a win-win.
- The integrative potential in negotiations.

ASSIGNMENT: When you are an EMPLOYER or when you are an EMPLOYEE

SESSION 6

HAVING (AND NOT HAVING) POWER

- Mapping out the negotiation
- What you don't know can really hurt you
- It takes at least two to Tango
- Who should make the first offer?
- Is she(he) who speaks first truly lost?
- Power – having it or not – and getting more

ASSIGNMENT: Negotiate with more than 1 party on the table

TRAINING AGENDA

SESSION 7

YOUR FUTURE NEGOTIATIONS

- Managing the negotiation
- Supplementing & verifying what you think you know
- The influence of promises & threats
- Emotions in negotiation

SESSION 8

FINAL ASSIGNMENT

- Practice all negotiation techniques in different scenarios at your organization.

BUSINESS STORYTELLING



Empower you with Self-confidence
to achieve career success

PROGRAM OBJECTIVES

Enhance leadership through strategic narratives.



Use storytelling to influence decisions and strengthen relationships.



Blend emotion with data to deliver impactful messages.



HOW TO CONDUCT

1

LENGTH & SCHEDULE

Total 16 hours of in-class training & practice.

- 4 half-day sessions
- 4 hours/ a session
- 1 session/ a week



2

ORGANIZING TEAM

EIY & Client



3

LANGUAGE

English/Vietnamese



4

PARTICIPANTS

Up to 15 learners/class



5

LOCATION

Client Office



6

INSTRUCTING TEAM

Each session has

- 1 Instructor
- 1 Coach Assistant



TRAINING AGENDA

MODULE 1

WHY STORY?

- Power of Story
- Why Story is Important
- Misperceptions of Story
- What Makes a Good Story
- **Practice:** Personal Six-Word Stories

MODULE 2

BUILDING A STORY

- Building a Signature Story
- **Case-study:** Microsoft - Building the Power of Story
- **Practice:** Story for an Upcoming Event

MODULE 3

POWER OF PURPOSE STORY

- Power of Purpose
- Why Purpose Stories
- **Case-study:** Impact of Story at LifeBuoy
- **Practice:** Purpose Story Funnel

MODULE 4

HARNESSING PURPOSE STORIES

- Aligning Purpose in Teams
- **Case-study:** Cultivating Purpose at Bare Escentuals
- **Practice:** Purpose Story

TRAINING AGENDA

MODULE 5

POWER OF CUSTOMER STORIES

- Power of Empathy
- Why Customer Stories
- **Case-study:** Impact of Customer Stories at Google Chrome, Bonobos, and Coke
- **Practice:** Customer Story Funnel

MODULE 6

HARNESSING CUSTOMER STORIES

- Building a Story Culture
- Nike Rise – Building a Digital Brand
- Impact of Story at UCHealth
- Cultivating Empathy at Bare Escentuals
- **Practice:** Customer Story

MODULE 7

POWER OF LEADERSHIP STORIES

- Building Leadership Stories
- Delivering Presentations with Story
- **Case-study:** Impact of Story for Eric Yuan, Zoom
- **Practice:** Leadership Story

MODULE 8

HARNESSING LEADERSHIP STORIES

- Happiness Narrative
- Story as a Journey
- The Journey Mindset
- **Final Performance:** Storytelling Showcase



DISRUPTION & INNOVATION

Empower you with Self-confidence
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Prepared by: EIY Public Speaking & Professional Development

PROGRAM OBJECTIVES

Lead innovation by embracing disruptive trends.



Build agile strategies for navigating change.



Drive growth by capitalizing on emerging opportunities.



HOW TO CONDUCT

1

LENGTH & SCHEDULE

Total 16 hours of in-class training & practice.

- 4 half-day sessions
- 4 hours/ a session
- 1 session/ a week



2

ORGANIZING TEAM

EIY & Client



3

LANGUAGE

English/Vietnamese



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PARTICIPANTS

Up to 15 learners/class



5

LOCATION

Client Office



6

INSTRUCTING TEAM

Each session has

- 1 Instructor
- 1 Coach Assistant



TRAINING AGENDA

MODULE 1

WHY LEADERS SHOULD CARE ABOUT DISRUPTION

- New Entrants and Incumbents
- How Thinking About Disruption Can Help You Think About Organizational Strategy

MODULE 2

INTRODUCTION TO THE DISRUPTION FRAMEWORK

- Innovation vs. Disruption
- Value Proposition
- Customer Segments
- The 2x2 Disruption Framework

MODULE 3

THE THREE PILLARS OF DISRUPTION

- Customer Insights
- Value Chain Insights
- Technology Insights

MODULE 4

DISRUPTION BY NEW ENTRANTS

- Disruption by New Entrants
- Value Chain Innovation
- Observations and Interviews

TRAINING AGENDA

MODULE 5

DISRUPTION BY INCUMBENTS

- Disruption by Incumbents
- Self-Disruption
- Customer Segmentation

MODULE 6

DISRUPTION IN THE NONPROFIT SECTOR

- Nonprofits vs. For-Profits
- Impact Proposition
- The 2x2 Disruption Framework for the Nonprofit Sector
- User Journeys

MODULE 7

WHEN INCUMBENTS MISS THE DISRUPTION

- Industry Analysis
- The Five Forces Framework
- Internal Assessments of Disruption Capacity

MODULE 8

DESIGN A DISRUPTION HYPOTHESIS

- Disruption Hypotheses
- Applying the Disruption Frameworks to an Industry of Your Choice



MINDFUL MANAGEMENT

Empower you with Self-confidence
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PROGRAM OBJECTIVES

SELF-AWARENESS & SELF-UNDERSTANDING

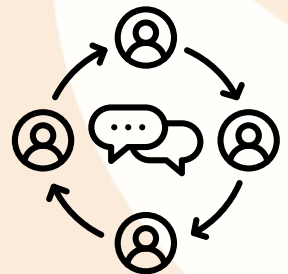
- Engage in reflective exercises to identify personal triggers and patterns of anxiety related to public speaking.
- Cultivate mindfulness techniques to observe thoughts, emotions, and physical sensations without judgment.
- Develop an understanding of how past experiences and beliefs influence present anxieties.

SELF-MANAGEMENT

- Identify stressors related to public speaking and develop coping strategies.
- Learn relaxation techniques such as deep breathing, progressive muscle relaxation, and visualization.
- Explore time management and prioritization skills to reduce stress and increase preparedness.

MINDFUL PRESENTATION & COMMUNICATION

- Be mindful about what you say and how you say it.
- Learn proven methods to calm your mind and body before and during your speech.



HOW TO CONDUCT

1

LENGTH & SCHEDULE

- 8 sessions
- 1.5 hours/ a session
- 2 sessions/ a week



2

ORGANIZING TEAM

EIY & Client



3

LANGUAGE

English/Vietnamese



4

PARTICIPANTS

Up to 15 learners/class



5

LOCATION

Client Office



6

INSTRUCTING TEAM

- Each session has
- 1 Instructor
 - 1 Coach Assistant



TRAINING AGENDA

MODULE 1+2

SELF-AWARENESS & SELF-UNDERSTANDING

- What is self-awareness?
- What is self-understanding?
- How does it help you in anxiety management?

MODULE 3+4

SELF-ACCEPTANCE & SELF-RESPECT

- Explore how thoughts and emotions affect your responses.
- Accept yourself and respect yourself as a tool to cope with anxiety management.

MODULE 5+6

ANXIETY MANAGEMENT

- Misconception about anxiety.
- What is self-management?
- What is anxiety management?
- Explore the root cause of anxiety in public speaking and presentation.
- 4 stages of anxiety management.
- Being self-compassionate.

MODULE 7+8

MINDFUL PRESENTATION & COMMUNICATION

- What is mindful presentation and communication?
- Practice being mindful when presenting and communicating.

“If you can't communicate
and talk to other people
and get across your ideas,
you're giving up your
potential.”

Warren Buffett Quote





EIY PUBLIC SPEAKING

THANK YOU

