

TRAINING INVITATION

Dear Sirs,

ASCENT GROUP in partnership with MECEPUS – Mediterranean Center for Public Speaking and Communication is pleased to announce you a new open courses held in Bucharest on the theme:

PUBLIC SPEAKING

BUCHAREST, JANUARY 19TH 2009

How to captivate our audience ...

Sweaty palms, the perspiration of the forehead, the accelerate heartbeat or the erasure of all the ideas from your mind are some of the inconveniences that might occur in a public presentation. The fear of speaking in public is among the biggest fear of the human being.

The ability to make presentations in public and to efficiently sustain ideas has an important impact on our success in career and the whole society.

With the techniques and methods presented in this course you will better understand better can we make a successfull and a persuasive presentation in order to mantain the interest of the audience awake.

Target

The course is addressed to:

- people that speak in public through the nature of their work
- professionals who want to excel in public vocations – politics, TV, journalism, law, teaching, conferecing, etc.
- university graduates who are or will be employed in areas coming in contact with people: teaching, sales, management, supervising, banking, tourism, etc
- people who want to improve their presentation skills

Objectives

- Develop the ability to start and finish a convincing presentation
- Increase the ability to maintain the attention of the audience
- Awareness of the role of non-verbal language in presentation
- Assimilate methods of a successfull presentation
- Improve the ability to structure a presentation
- Avoide common mistakes in presentation

Modules

- Principles of a good public speaking
- Self – introduction
- Structure and presentation of a good speech
- How to introduce new speakers in public presentations
- Important aspects of physical contact in public speaking
- Positive body language
- How to avoide the nervousness

- Important speech rules
- Public speaking without advance preparation
- How to excel in interviews

Working methodology

- The training is based on the “Learning by doing” and is highly interactive, involving the participants in the ongoing games, activities, case studies.
- Following the training, each participant will receive a certificate which will certify the Ascent Group courses, the training materials and a CD with pictures and records took during the course
- The training will be held in Romanian language

Price - 150 Euro/participant

- The price includes one day of training participation and the training materials
- The price includes 2 coffee breaks
- The price does not include VAT
- **The companies that register more than one participant will receive a discount rate of 5% for the second participant and a discount rate of 10% for the third applicant registered.**

TRAINER PROFILE

DINA ȚARĂLUNGĂ

- HR consultant & trainer in Ascent Group

Education and training courses

- Graduate of Sociology and Social Work Faculty at the University of Bucharest
- Graduate the master courses in Management of Human Resources, University of Bucharest
- Participant in numerous courses of Leadership, Communication, Negotiation, Conflict Management, Project Management in Romania, Germany and Greece
- Trainer accredited by the Ministry of Labour and Ministry of National Education in Romania, 2008
- Trainer certified by MECEPUS, Mediterranean Centre for Public Speaking, 2009

Professional experience

- 5 years of experience in project management, human resources and training in Euro26 Romania
- 3 year experience in project management, human resources and training in Zip International
- 1 year experience in non-formal education in Comunidade Sao Francisco de Assis, Coimbra, Portugal
- Independent appraiser of ANPCDEFP - National Agency for Community Programs in Education and Training, Youth in Action Programs
- 1 year experience as a HR consultant and trainer in Ascent Group

ABOUT US

Ascent Group is a consulting group that was born to meet a need for consultancy services of high quality in Eastern Europe for foreigner investors.

Ascent Group, through the companies from the group is providing a professional consultancy services in financial, tax, legal, business development, human resources, training, communication.

Our Group is based on high level consultants with international experience, providing quality services and customized based on the needs of each client.

As a training company, Ascent Group has extensive experience in in-house and open in all countries where the company has offices, Romania (București și Arad), Republic of Moldova, Bulgaria, Serbia, Cyprus.

Ascent Group customers from the banking, industrial production, sales, distribution, media, market research.