

Power Communication

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Mental Warrior

- Part of martial arts training, it focuses on building **MENTAL STRENGTH** to remain **MOTIVATED** and in **CONTROL**.
- Protect yourself from negative inner thoughts
 - positive self-talk & affirmations.
 - motivational books, audio cd etc
 - positive appearance



Mental Warrior



- Protect yourself from negative surroundings of “Ah Bads”
 - Mr Lose-lose, Mr Cold Water & Ms Worry Virus
- Use mental weapon
 - “cancel-cancel, go away” (rub forehead),
 - choose your words :
 - problem > challenges
 - scolded > message
 - difficult > interesting
 - I dunno > I’ll find out
 - I’ll try > I’ll do my best
 - I have to > I want to
 - No Problem > My Pleasure

4 Arrows of Communication

- **S**trategies – series ideas, communicate for results
- **H**igh Energy – will impact your communication
- **I**ntensity of eye contact – visual intensity
- **T**ransfer of feelings – develop your feelings, then transfer it.

Verbal Kung Fu

To develop POWER
COMMUNICATION

focus

stronger relationship

influence

convince

control

align

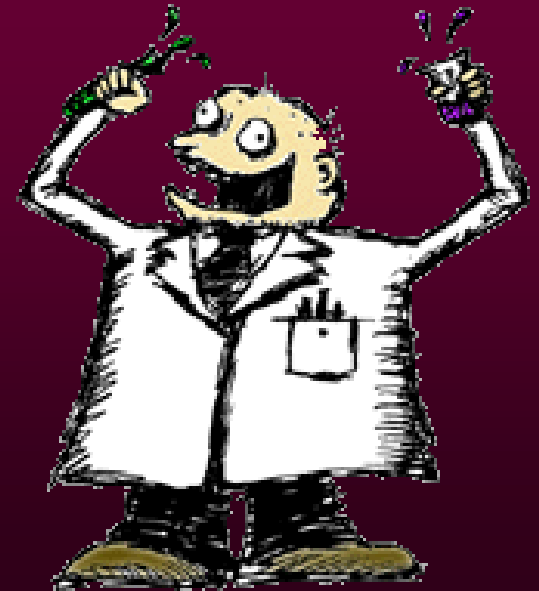
awareness

My Communication Guide

- **LOOK** for response, its an indication of your **POWER** Communication
- The **MEANING** of my communication is the **RESPONSE** I get.
- I am responsible for my communication **RESULTS**
- I must **FOCUS** on my communication **OUTCOME** all the time.

My Communication Secret Recipe

- PROFESSIONAL voice vs Conversational Voice.
- HIGH ENERGY - use hands to talk, **PUNCH** key words & make them louder than the rest.
- HIGH CONFIDENCE
- strong standing position, smile with confidence, **REAL confidence.**



My Communication Secret Recipe

- VISUAL INFLUENCE - intensity eye **contact**
- First 5 - 10 words **MUST** be powerful, high energy & full of **PASSION**.
- VERBAL TAI CHI - “I understand”, “I **appreciate**”

My Communication Secret Recipe

- Words have POWER - choose your thoughts & words.
- IMPRESSIVE INTRODUCTION stunning conclusion.



Thank you