
A Minute Diplomat

The principles of communication and practice

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The first principle, to overcome the fear of speaking in public (1)

Advice: if an adult can change their mentality, then he can change his own character.

At the beginning of the 20th century, psychologists and philosophers assert that ordinary people took only a very small part of the full potential. Should be compared with us, A Minute Diplomat: The principles of communication and practice we are only half awake; Our enthusiasm, our blueprint not started, we use only a tiny part of our mind and body resources. This is what reason is caused? It was the fear of men. Fear that a person is very terrible, so, I often said to his students: "do you want to assume the audience all owe you money, are more grace begged you for a few days, and you are proud of creditors, without fear of them."

In 1912, "Titanic" giant ship sank in the north Atlantic sea ice. It is in that year, I started teaching this course, I speak in public I task is for the New York ymca teaching of night school "public speech". The experience is very valuable to me, because it makes me accumulated the rich knowledge about to speak, and contributed to the birth of my eloquence A Minute Diplomat: The principles of communication and practice training course.

In New York for business and professional class, I gradually realized that the students not only need received training in spoken language, also is an urgent need to master the art of communicating with people in everyday business and social. Because in addition to the longing for health, people need most is to improve the interpersonal relationship, learn the art of being human, and it is the premise and means of speaking. So, I decided to in-depth research in this aspect, and thus finally summarized a set of comprehensive practical course, this is very meaningful. Proverb says, "silence is golden" should vary with the changes of The Times, because how to play the charm of language, can determine the modern by communication on the road to success.

Subconsciously refused to communicate with people or afraid to speak in A Minute Diplomat: The principles of communication and practice public, not one person alone with the psychological, most people are like that, it's just different levels. In addition to the members of the course, I also for college students through investigation, 80% ~ 90% of the students are too afraid to speak in public fear and fear to communicate with people.

This appears to A Minute Diplomat: The principles of communication and practice be in say "fear exchange" is A Minute Diplomat: The principles of communication and practice people are born with. Indeed, it is that people are born with a weak spot, and character has a lot to do with

people. Psychologists believe that personality is a person's behavior is the basic characteristics of stability. Personality has the stability, in other words, a person's personality formed under the influence of the certain education and the environment, is difficult to change, so just can have "a leopard cannot change his spots".

Experts have to Arizona college students a pair of twin sisters observational study. The twin sisters look similar, the same genetic qualities, the education A Minute Diplomat: The principles of communication and practice of family life and is also the same. Although the sisters have been in the same elementary school, middle school and college to accept education, but in genetic, education and environment so equal, the sisters A Minute Diplomat: The principles of communication and practice personality is not the same: my sister is good at speaking and communication, self-confidence, active, decisive courage; And the younger sister is on the contrary, the lack of independent consciousness, always talking with my sister. Experts find their conversation, also is the elder sister to answer first, and my sister just agreed, quiet, or simply a little added. In short, the characteristics of the sisters is completely different.

Why is this? The original parents in they decided that one is my sister, the other is a younger sister, had told the elder sister take care of my sister, responsible for the younger sister, make an example to the younger sister, spearheaded the seniors assigned tasks. As a result, the elder sister had formed the independent, autonomous, good communication, more decisive character, has formed the habit of following sister and sister.

This suggests that a person's character is acceptable for a long time formed by the influence of education and the environment, but this does not apply to adults. For adults, the personality is actually determined by the state of mind. That is to say, if an adult can change their mentality, then he can change his own character.

The first principle, to overcome the fear of speaking in public. (2)

As how to improve the ability to speak in public, any communication A Minute Diplomat: The principles of communication and practice in everyday life need people to overcome fear, to A Minute Diplomat: The principles of communication and practice establish self-confidence, this is the premise A Minute Diplomat: The principles of communication and practice to realize more effective speaking. Only in this way, people will be able to maximize their potential ability, on various occasions, to address the appropriate, won acclaim, won others' love, to be successful. A Minute Diplomat: The principles of communication and practice

Any speaking skills before implementation, A Minute Diplomat: The principles of communication and practice must set up full confidence. Because confidence, give a person a kind of sense of security, enabling you to get along with others, and not in office free free to her comments. Once your thoughts are full of passion, so even in small places, you will also tried to search the previous experience, as to talk about. So you will become more broad vision, and the new understanding of his own life.

Before my training course, I've done a survey, let people speak in class, and hope to get from this eloquence training courses. Survey surprising, center desire of most people with basic

needs are the same, their answer is: "when I stood up to speak to people, I don't feel at ease, very afraid, I cannot think clearly, can't concentrate on, don't know what to say. So, I want to gain confidence, can stand up in public with great aplomb, think can follow one's inclinations, summarized his own A Minute Diplomat: The principles of communication and practice ideas, can according to the logical order to talk about it in front of the public place or a person's social, be clear and convincing."

I believe this is true, when you stand in front A Minute Diplomat: The principles of communication and practice of the audience did not carefully thinking like while sitting, but this kind of phenomenon can be improved through training. What is more important: A Minute Diplomat: The principles of communication and practice you must exercise method according to what I said.

I want to tell you a secret is that even a professional speaker, never entirely overcome stage fear - they are almost always at the beginning of the speech more or less some fear. These qie meaning can from their beginning in A Minute Diplomat: The principles of communication and practice a few words, but they can quickly overcome this fear, and into a state of calm. And I'm in time and began to talk about.

The first thing you should realize that fear of speaking in public is good for people of communication, because humans are born with a kind of ability to cope with unusual challenge in the environment. When you notice his pulse and breathing to increase, don't be too nervous, and you should keep calm. Because your body is always alert to the external stimulation, the alert indicates that it is ready to take action, to deal with environmental challenges. If this kind of psychological preparation is carried out under a certain limit, the parties will want to faster, more smooth, and in general, will also said more incisive than in ordinary situations and strong!

So, you don't need to shy to hide in the box set by yourself, you should take active attitude to sincerely and people. Otherwise, fear will open the floodgates, sluggish plug, it not only can cause your heart words not free, excessive muscle cramps and can't control, also can seriously reduce the effectiveness of the you speak.

So, in the end, I need to repeat the following points, which will is a great help to overcome the fear, to speak to you:

(1) you are afraid to speak in public, refused to communicate with people is not an exception.

(2) some degree of communication fear it will stimulate and inspire you, we are naturally have the ability to cope with unusual challenge in the environment.

(3) many professional speaker never completely remove fear that stage.

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How to overcome your fears:

(1) regardless of any social occasions, humor will help you open the door to communicate with people.

(2) cultivate optimistic attitude towards life and a strong will, motivate yourself with A Minute Diplomat: The principles of communication and practice brave tenacious spirit.

(3) to strengthen targeted psychological training, in order to effectively overcome the bad emotions, such as tension and anxiety, improve psychological adaptation A Minute Diplomat: The principles of communication and practice and balance, strengthen the confidence and courage, with the fearless spirit to overcome the fear.

(4) "the knowledge is the best cure for fear" this sentence is A Minute Diplomat: The principles of communication and practice very reasonable, if possible all sorts of changes are ready to fully prepared, will raise psychology to bear ability, make the fear hard to invade.

(5) through A Minute Diplomat: The principles of communication and practice the study, improve the cognitive ability of things, A Minute Diplomat: The principles of communication and practice and enlarge A Minute Diplomat: The principles of communication and practice the cognitive view, correctly determine source of fear.

The second principle: a targeted cultivate confidence (1)

Advice: in order to develop the confidence and courage, when you A Minute Diplomat: The principles of communication and practice face the audience, might as well behaved as if really have that kind of confidence and courage.

Be confident, this A Minute Diplomat: The principles of communication and practice is you to do any thing must have correct attitude. Whether you are climbing mount Everest, or to anyone, self-confidence is the basic premise of success. So, before you start to speak, first must set up your self-confidence!

In my class, there are a lot of students in learning after sit together to talk about their own experience, there are quite a few people think they have learned the most important thing is confidence in himself. That is to say, much a confidence to their success. To some extent, there is nothing more than confident to be able to lead a person to succeed.

The travel guide, amateur mountaineer there should be a guide to lead the way, because it is difficult to climb the Alps. But a few years ago, my A Minute Diplomat: The principles of communication and practice friend and I went to the Alps, Wilder Kaiser, mountain front, want to conquer the legends of very dangerous mountain. First of all, we want to say is we are both not professional alpinists, but we didn't ask the wizard. We succeeded.

Before we mountaineering, once had a friend asked if we can succeed, I breath firmly told him: "can!"

"Why so sure?" The friend asked.

I said: "some people like us succeeded without guide. Also, I do everything to think of failure."

So, how should the specific operation to cultivate confidence? You can according to the following training methods, targeted to increase your self-confidence.

1. The fully prepared, establish the confidence of success

America's most famous psychologist William James said: "action seems to be produced after the feeling, but in fact it is a feeling with parallel. Action to be under the direct control of the mind, by thinking to control the action, we can indirectly control the feeling, but the feeling is not to be under the direct control of the mind. So, if we lost the original natural happiness, so, the best way to make yourself happy, is happy to sit down and let his act was very A Minute Diplomat: The principles of communication and practice happy. If this method also can't let you feel happy, there is no other way. So, let yourself feel very brave, and acted as if really brave, and try to use all of your ideas to achieve this goal, so courage is likely to replace fear."

The purpose of a person to succeed to persuade, to do preparation has much to do before speaking. Lincoln said: A Minute Diplomat: The principles of communication and practice "even the people who have power, if not carefully, can't tell how system, high level." So, you need to extensively collecting material before speaking, and for your A Minute Diplomat: The principles of communication and practice theme in-depth and meticulous thinking. When you confirm their well-prepared, imagine that she is in complete control of talking to others. This is you can easily do it. Only believe they can succeed, and firmly believe in yourself, you will succeed.

Please remember William James's advice, in order to develop the confidence and courage, when you face the audience, might as well behaved as A Minute Diplomat: The principles of communication and practice if really have that kind of confidence and courage. (of course, the premise is you must be well prepared, again how performance also won't be able to work.)

Confidence of the first method is that if you have to say to yourself A Minute Diplomat: The principles of communication and practice content is clear, it should be easily step walk on stage, and then take a deep breath. Take a deep breath for 30 seconds, can give you a refreshing, gives you confidence and courage. Famous tenor Jan DE he often said: "you if gas filling in the chest, then the tension will disappear naturally."

There is another method, that is, the body stand up straight, and looked at the eyes of the audience, and confident speech, as if everyone owe you money, they just request below your grace to pay. This kind of psychological effect, will be of great help to you stable mood.

The second principle: targeted to develop self-confidence and (2)

If we can overcome the fear of speaking in public, to do any other things we will be greatly and subtle influence. Those who A Minute Diplomat: The principles of communication and practice dare to accept the challenge, will find itself is gradually perfect, gradually overcome the fear of speaking in public, make oneself thoroughly remould oneself, enter the richer, more happy life.

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Practice

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