



To maximize the output of this training













"Failure is an opportunity to grow"

#### GROWTH MINDSET

"I can learn to do anything I want"

"Challenges help me to grow"

"My effort and attitude determine my abilities"

"Feedback is constructive"

"I am inspired by the success of others"

"I like to try new things" "Failure is the limit of my abilities"

#### FIXED MINDSET

"I'm either good at it or I'm not"

"My abilities are unchanging"

"I don't like "I can either do it, to be challenged" or I can't"

"My potential is predetermined"

"When I'm frustrated, I give up"

> "Feedback and criticism are personal

"I stick to what I know"







## So, This is The RULES



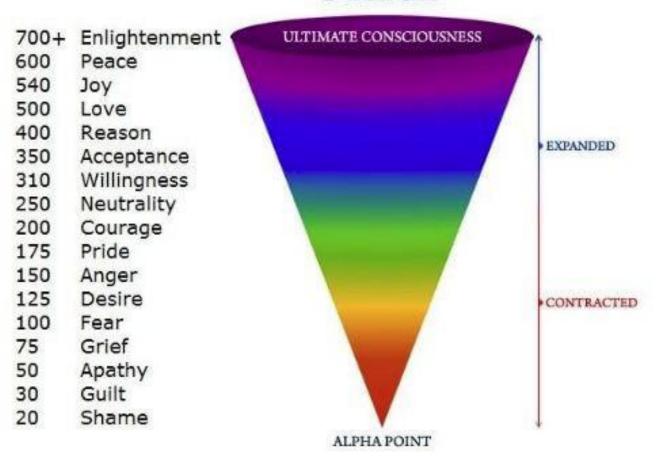






### Good Vibes

#### **OMEGA**

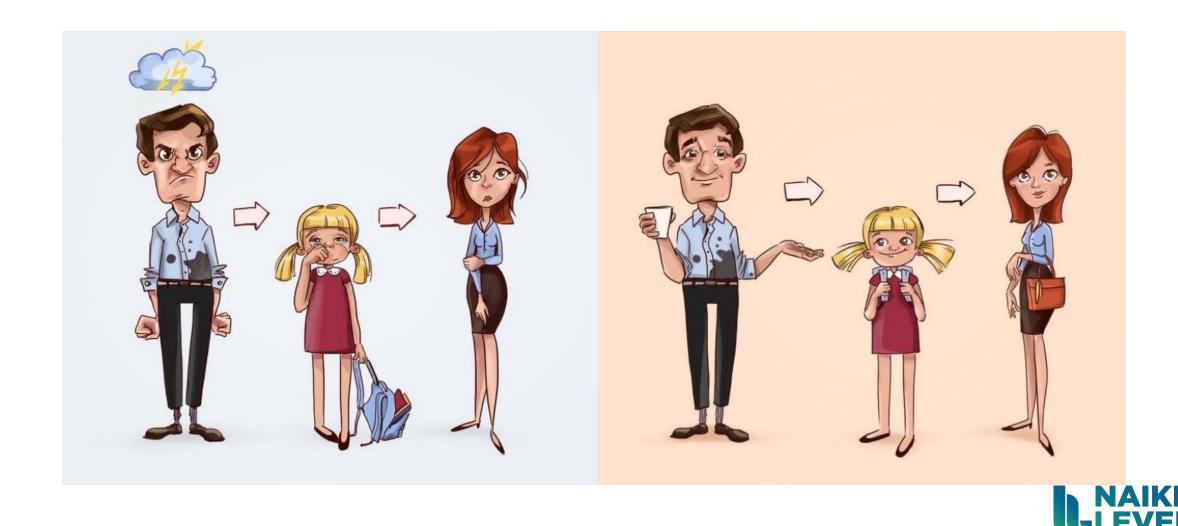
















# No Blame No Excuses No Justify







## Baby Eyes

Mereka pembelajar sejati Mereka Fast Learner









#### COMMUNICATION

#### Verbal

Lisan dan Tulisan

#### Non-Verbal

- Body Language
- Eye Contact
- Expression

#### **Emotion**

- Pacing and Leading
- Situation & Condition







## What is Your biggest Problems When communicating?

**Teknis** 

**Emosional** 

**Pemahaman Materi** 

#### What is the purpose

- 1. Menyampaikan informasi
- 2. Menghibur
- 3. Influence audience



#### Benefit

- 1. Memperbaiki hubungan
- 2. Memahami permasalahan
- 3. Menyelesaikan masalah
- 4. Mengurangi tekanan
- 5. Mengurangi ketidaktahuan



#### Membangun Percaya Diri

- Persiapkan diri dengan baik
- Latihan
- Fokus pada pesan yang ingin disampaikan
- Gunakan bahasa tubuh yang positif
- Jangan takut untuk mmembuat kesalahan
- Perhatikan intonasi suara
- Tetap tenang
- Jangan Khawatir