



通过盒内和盒外思考突破障碍

FOR HR & TRAINING PROFESSIONALS
北京

Every Change Begins with a Shift in Mindset

The B□X® is the Swiss Army Knife of Change...

*Reflect, write, draw, wear, tear,
share and repair your B□X to challenge
your thinking for new results*



每一次改变都始于思维方式的转变

B□X®就像变革的瑞士军刀...

*反思, 书写, 绘画, 使用, 撕裂, 分享并修复你
的B□X, 挑战你的思维, 获取新的成果。*

TRAINER 培训师
Mr. Alex Weber 魏伯良
Trainer & Facilitator

LANGUAGE 语言
普通话 Mandarin

Date & Time 日期&时间
Sept 8th 9月8日 2023
14:00-17:00

VENUE 地点
Grand Ballroom II,
Beijing Hong Kong
Jockey Club, 68 Jinbao
Street, Dongcheng
District, Beijing
北京市东城区金宝街
68号北京香港马会,
宴会厅II



Registration:
Lisa.zhang@clarkmorgan.com





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培训目标

这个独特而具有影响力的培训项目分享是为了让团队的员工使用“The Box”：一个被证明能够打破常规思维束缚的革命性思维工具。旧的工作和交往方式让人们感到被束缚，人们被传统规范和对外界看法的担忧所阻碍，同时被自己的限制性信念困扰。该项目使参与者能够挑战自己的信念和思维假设，培养出新的驱动表现和生产力的新思维模式。参与者将学习如何从习惯性的思维模式中解脱出来，并积极主动去影响、激励自己和他们的团队驱动有意义的变化。

培训描述及核心工具

工作坊为参与者提供了一个理解和解构他们的思维框架，以及主动改变他们思维的具体工具。项目以体验式学习来进行，有机会借助应用和反馈进行实践。工作坊旨在提供思维模式，工具，以及课后的行动计划，以便深入并强化学习。

半天的分享大纲

步骤1：构建一个盒子

- 探索和重新定义压力
- 使用盒子来探索思维边界

步骤2：戴上盒子

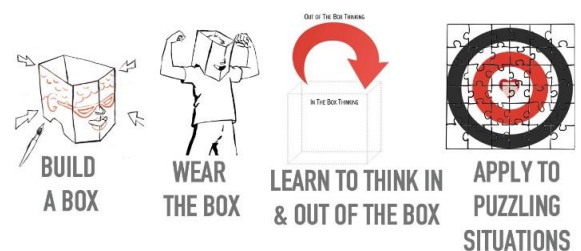
- 活动和反馈总结

步骤3：在盒子内外思考

- 调整盒子的工具（认知重塑，价值观对齐）

步骤4：应用于突破

- 行动计划、技能应用和下一步骤





THINKING IN & OUT OF THE BOX™



Objectives

This unique and impactful training program pilot is designed to equip your staff with “The Box” : a revolutionary mindset tool proven to shatter barriers of conventional thinking. Old ways of working and relating leave people feeling boxed in, stymied by traditional norms and worries about external perceptions, as well as by self-imposed limiting beliefs. The program enables participants to challenge their beliefs and assumptions, fostering a new mindset that drives performance and productivity. Participants will learn techniques to get unstuck from habitual thinking patterns, and will be empowered to influence, inspire, and drive meaningful change within themselves and their teams.

Training Description and Core Tools

This high-impact workshop gives participants a framework for understanding and interacting with their mindset, and concrete tools for pro-actively changing their thinking. Everything is done with experiential learning techniques with practice opportunities leveraging application and feedback. The program is designed to deliver mindset, tools, and post-course action planning to entrench and reinforce the learning.

Half day outline

Step 1: Build a Box

- Exploring and Redefining
- Use the Box to Explore Thinking

Step 2: Wear the Box

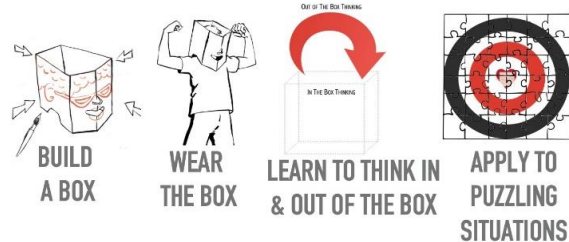
- Activity and Debrief

Step 3: Think In & Out of the Box

- Tools to Adjust the Box (cognitive reframing, values alignment)

Step 4: Apply to Puzzling Situations

- Action Planning, skills, and Next Steps



培训师介绍

Alex Weber 魏伯良

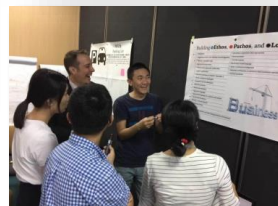


国籍: 美英双国籍

语言: 英语和普通话

主要培训范围:

- 高效率沟通技巧
- 信任为中心销售
- 管理以及领导力
- 引导式会议
- 团体教练辅导
- 演讲技巧
- 个人有效性
- 跨文化交流
- 商务写作



总结: 长期住在中国的企业培训师、引导式、以及高层教练。

热情: 体验式学习。Alex魏伯良的热情在于帮助人们提高他们的效率，特别是在跨国界交流方面，无论是跨文化交流、人际交流还是来自不同的工作方式或世界观。

- NLP资格认证书
- IAC (国际教练协会) MP教练式辅导认证
- 体验式学习和培训设计认证
- 各种相关培训的工具以及调研工具 (譬如盒子内外思考、DISC、情商、GlobeSmart文化维度、等) 的认证

相关经验: 魏伯良与中国的各种公司、政府组织和非政府组织合作，加深他们与领导、沟通、组织和区域文化的接触。我喜欢并擅长使用各种互动技巧，以促进参与者持续投入，并保留培训计划内容，确保培训成果。

除了作为教练、培训师和协调人支持个人和企业客户的经验外，Alex魏伯良还在一家大型跨国公司的B2B软件销售中担任了关键客户经理、负责为企业客户设计定制解决方案的培训团队主管、以及连接中国和世界其他地区的商务顾问。



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SYNOPSIS



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