



## Group Coaching Series by Dr Fei Hong

International  
Mental Health Network for Expatriates e. V.

---

A Network for Expats  
Who Care about Mental Health

---

Charity Registration: VR 725767



---

# TABLE OF CONTENT

---

## **ABOUT**

3

## **NONVERBAL COMMUNICATION IN PUBLIC SPEAKING**

-Build Credibility Even Before You Speak

4

## **MINDFUL CAREER PLANNING**

- How to Build A Career You Really Love in the AI Age

5

## **ASSESSMENT CENTER & INTERVIEW WORKSHOP**

- HR Manager and Psychologist Reveals The Winning Secrets

6

## **COMMUNICATE WITH CHINESE PEOPLE?**

- A Proven Non-Stereotype Approach

7

## **STRESS MANAGEMENT & BURNOUT PREVENTION**

- Mindful Self-Development Weekend Retreat

8

## **PRIVATE COACHING SESSIONS**

9

## **100% SATISFACTION GUARANTEED!**

10

## **BOOKING PAGE**

11

---

## ABOUT DR. FEI HONG

---



Dr. Fei Hong, originally from China, has lived in Europe for over 20 years, bringing a unique blend of expertise in business, human resource management, and clinical psychology. She has extensive experience across the commercial, academic, and clinical sectors in the UK, Germany, and China.

Since 2008, Dr. Hong has been conducting seminars and coaching sessions for business professionals and academic researchers in both China and Europe. She earned her PhD in Psychology from the University of Tübingen, one of Germany's prestigious universities. Driven by her life mission to raise awareness of mental health and reduce the stigma of mental illness, Dr. Hong, together with like-minded colleagues, co-founded the charity International Mental Health Network for Expatriates (Mental-Health.Network), of which she serves as the founding president.

Dr. Hong has developed a mindfulness-based intervention training and coaching programme that has been scientifically validated to prevent burnout and help professionals manage stress more effectively. Her popular workshops also include Nonverbal Communication in Public Speaking and Mindful Career Planning, all tailored to the needs of her audience.

Prior to her doctoral research, Dr. Hong worked in two Fortune Top 100 companies as an Account Manager, Purchasing Manager, and HR Capability Manager. She holds a Master's degree in Social Psychology from the London School of Economics (LSE) and a Bachelor's degree (Honours) in Psychology.

# NONVERBAL COMMUNICATION IN PUBLIC SPEAKING

*-Build Credibility Even Before You Speak*

---

## TEACHING HOUR:

### Intensive version:

- 1 day or 2 days
- Present or Online Weekends
- (10:00 - 18:00)

### Crash Version:

- 2 hours
- Online
- Weekdays

## Maximum Participants

20 (No prerequisite, all welcome)

## PREPARATION

- A two minutes free style self introduction
- Watch the documentary "The Secret of Body Language" on YouTube

## Requirements

1. Overhead projector and two flip charts are needed
2. Open space for final theatre play is

## Booking

See Booking Page

## SUMMARY

How can you win over your audience before you even start talking?

Non-verbal communication, such as first impressions, body language, facial expressions, pitch and tone, even the choice of perfume, makes up 80% of our overall communication. If your non-verbal language contradicts your words, your audience will be suspicious and may doubt your authenticity and therefore your credibility. This is why experts across the board stress that "it's not just what you say, but how you say it". Mastering both the verbal and non-verbal perspectives of communication is a must for success in any profession, and the earlier you start to recognise and practice this, the more natural your confidence will become.

This workshop combines the latest theory and research with well-designed exercises such as role-plays, small talks, presentations, interviews and debates. You will be challenged to deliver both prepared and off-the-cuff speeches, both as a speaker and as an evaluator. You will learn how to read the non-verbal cues of others, as well as your own, and then use non-verbal techniques to increase your credibility and confidence before you start speaking and throughout your conversation or speech.

As an added bonus, some of the latest self-development techniques in applied psychology will be shared throughout the workshop, which will benefit you well beyond the two-day workshop.

Content
What are nonverbal communications?
What are the most studied nonverbal communication channels?
Which nonverbal channels are universal, and which are culturally specific?
How to utilise your nonverbal language to enhance your communication?
What can others tell from your nonverbal language?
How to read and decode others' nonverbal language?
How to express yourself adequately without words?
How to provide appropriate and effective oral feedback in public?
What are the secrets of world-famous public speakers?
How to build up your public speaking style?
How to deliver a speech that people would remember?
What to do if I am too nervous – last minute self-aid tools

# MINDFUL CAREER PLANNING

*-How to Build A Career You Really Love in the AI Age*

---

## TEACHING HOUR:

### Intensive version:

- 1 day or 2 days
- Present or Online Weekends
- (10:00 - 18:00)

### Crash Version:

- 2 hours
- Online
- Weekdays

## Maximum Participants

12 (All welcome)

## PREPARATION

1. Updated CV in full version (either in German or in English, with all the major activities and experiences, please remove any details which you do not want to share with others in the workshop)
2. Open mind and active participation

## Requirements

1. Overhead projector is needed
2. Flip chart is needed

## Booking

See Booking Page

## SUMMARY

What do you want to do with your career? Plan earlier and get ahead of your peers or try around till you realise what your life passion is? How would the increasing fast development of AI affect your future desired career? Working life is a big part of our lives, if not the biggest. How would you do with it also leads to a different destiny. This workshop will guide you step by step to search deep down in your past and from the present moment to project the possible future. Then it is up to you how to plan it in your style. It is specially designed to facilitate you to transit smoothly from academics to professionals in the industry. Packed with insightful assessments, practical tools and techniques, you will get a lot of useful tips from the trainer, a psychologist and a former Human Resource manager at a multinational company.

This workshop is divided into two parts: Self-Assessment and Planning & Launching. At the first part, you will first test how ready are you for your desired career, then learn how to discover your exact needs, desires, real potentials and USPs (Unique Selling Points). At the second part, you will learn and practice a dozen practical career planning tools and techniques, which facilitate you to make the most critical first step and maximise possibilities into your life.

By the end of the workshop, you would know yourself better and more profound. With this newly recognised awareness, you would become more explicit and feel more confident about how to prepare yourself to launch your dream career. As an additional bonus, relevant cutting-edge techniques on self-development will be shared throughout the whole workshop, which you would benefit far beyond the two days workshop.

### Content

This workshop is divided into two parts:

#### Self-Assessment:

- How ready are you to start your career?
- How do you become who you are now? Timeline exercise to discover decision pattern(s) in your life
- What is your strength/weakness/potentials/passion/value?
- What do you really want in your professional life?
- What are your goals in short/long terms?
- What are you USPs (Unique Selling Points) non the AI Age?

#### Planning & Launching:

- What can you do with your degree and what are the possible career paths?
- Where and how to start job hunting?
- Where are the unpublished vacancies and how to find them?
- How to write an outstanding C.V. / Resumé / Lebenslauf?
- How to prepare for interviews?

# ASSESSMENT CENTER & INTERVIEW WORKSHOP

*-HR Manager and Psychologist Reveals The Winning Secrets*

---

## SUMMARY

It is never too early to prepare for interviews and Assessment Centres (ACs), two popular but stressful job selection tools. This workshop aims to help academics who want to move into industry and who need to sharpen their skills to be successful in interviews and ACs. The design of the workshop is based on the culture of multinational companies where the trainer used to work as a Human Resource (HR) manager; therefore, valuable insider views and tips will be shared.

This workshop combines theory and practice in a delicate balance. In addition to the theoretical background of HR management, in particular the recruitment process and the factors of common selection tools, you will be given many practical challenges to solve both individually and in groups. Through these exercises you will understand the basic principles of selection, the critical success factors and how to identify them, why it is so important to study job advertisements thoroughly and how to develop your professional networks.

You will also have the unique experience of playing the dual role of candidate and interviewer/assessor. This full circle of giving and receiving constructive feedback will enable you to gain a deeper understanding of what interviews and ACs are all about, what assessors are looking for and how to win them over. As an added bonus, some of the latest self-development techniques in applied psychology will be infused throughout the workshop, from which participants can benefit well beyond the workshop.

Content
Why the selection process is getting tougher and tougher?
Which kinds of interviews are mostly used and why?
What is an AC and what are the design behind of it?
What are the secrets to succeed interviews and ACs? communication?
How to prepare for ACs and interviews both physically and mentally?
How to win the 100 milliseconds first impression test?
How you will be assessed and judged? HR insider view on job advertisements
How to receive and give feedbacks in the public?
What to do if I am too nervous and/or too panic – last-minute self-aid tools
Group exercises and individual challenges

## TEACHING HOUR:

### Intensive version:

- 1 day or 2 days
- Present or Online Weekends
- (10:00 - 18:00)

### Crash Version:

- 2 hours
- Online
- Weekdays

### Maximum Participants

12 (Ideally for those who are planning to apply for internships and/or jobs in

## PREPARATION

- Updated CV (either in German or in English, please remove any details which you do not want to share with others in the workshop)
- One appealing job advertisement

### Requirements

1. Overhead projector and two flip charts are needed
2. Ideally with separate space/room, for

### Booking

See Booking Page

# COMMUNICATE WITH CHINESE PEOPLE?

*-A Proven Non-Stereotype Approach*

---

## SUMMARY

Do you need to communicate with Chinese people as classmates, colleagues, students, clients, friends or flatmates? Have you ever wondered why Chinese people think and behave in certain ways? Do you find it difficult to tell whether a Chinese person is really happy or angry? How do you communicate with the Chinese without Facebook, WhatsApp, Twitter, Messenger and Gmail?

Unlike other intercultural training, this seminar focuses on the non-stereotypical way of understanding Chinese people, including their mindset, leadership style, communication patterns, problem-solving system and common taboos. It is based on the trainer's over 20 years' experience in international environments in the private, academic and corporate sectors. The trainer will share her personal experience of cultural conflict and miscommunication between Chinese and other nationalities. You will learn about the latest relevant findings from cross-cultural studies in various disciplines to enhance your understanding of the topic. Non-verbal communication and psycho-analytical techniques will be taught and demonstrated to help you decode the unspoken words and hidden emotions of Chinese people. You will also learn how to communicate effectively with different groups of Chinese people, namely overseas Chinese, returning Chinese and Chinese Chinese.

By the end of this workshop, you will feel comfortable and confident in communicating effectively with Chinese people in both public and private situations, while maintaining your authenticity.

Content
How and why do Chinese think and behave in a certain way?
What do Chinese think of European?
What is "Mian Zi" and "Guan Xi", why are they so important when you communicate with Chinese people?
What are the main difference between overseas Chinese, returnees Chinese and Chinese Chinese?
How to get your points really through to Chinese people?
How to read and decode non-verbal language of Chinese people?
What are the main social media tools used by Chinese people?
How to build up long-lasting and trustworthy relationship with Chinese people?
What are the common taboos of Chinese people?

## TEACHING HOUR:

### Intensive version:

- 1Day
- Present or Online Weekends
- (10:00 - 18:00)

### Crash Version:

- 2 hours
- Online
- Weekdays

### Maximum Participants

15 (All welcome)

## PREPARATION

- One or two real life example(s) of miscommunication with Chinese people
- Open mind and active participation

### Requirements

1. Overhead projector and two flip charts are needed
2. Flip chart is needed

### Booking

See Booking Page

# STRESS MANAGEMENT & BURNOUT PREVENTION

*-Mindful Self-Development Weekend Retreat*

---

## SUMMARY

The Mindful Weekend Retreat is designed for people with no previous knowledge of mindfulness or meditation to learn and experience what mindfulness is; what makes mindfulness so effective in reducing stress and preventing burnout; why mindful people report being happier and more satisfied with their lives.

All these frequently asked questions about mindfulness will be thoroughly explained and demonstrated during this weekend workshop. You will experience a wealth of different types of mindful activities, not only sitting for meditation, but also moving, such as mindful walking, eating, talking and listening. Most importantly, you will learn how to apply mindfulness to important tasks such as planning, goal setting and decision making, as well as how to manage your stress levels and avoid overload during challenging times, such as preparing for an interview or a review meeting.

The workshop is designed to be highly interactive, so you will learn not only from the trainer, but also from yourself and the rest of the group. You will practice mindfulness in a variety of formats: Individually, in pairs or in a group. You will be encouraged to be open and honest with yourself and the group. In return, you will benefit from the support of the group and the sharing of experiences. By the end of this mindful weekend retreat, you will have clear ideas and plans for how to apply mindfulness in your daily life, and a group of mindful practitioners that you would value and benefit from in the long term.

Content
What is mindfulness and what are the benefits of practicing it?
Burnout factors and how to prevent it mindfully
Mindful eating, drinking, and nutrition choices
Nonjudgemental talking and listening communication
Mindful walking and moving meditation
Mindful planning, goal setting and decision making
Mind and body sessions
Mindful stress-releasing techniques
Mindful daily activities (instructions and workbook)
Mindful dairy (instructions and workbook)

## TEACHING HOUR:

### Retreat Version:

- 2.5 days
- (Friday 18:00-20:00)
- Weekend 10:00-18:00)

### Crush Version:

- 3 hours
- Online or Offline
- Weekdays

### Maximum Participants

16 (no previous meditation experience is

## PREPARATION

- Please wear comfortable clothes, so you can sit comfortably and move freely
- Please bring plenty of water and some snacks or simple food for mindful eating and drinking session

## Requirements

1. Room has enough space for mindful movements
2. Ideally in a quite place

## Booking

See Booking Page



# PRIVATE COACHING SESSIONS

---



## **NEED PRIVATE COACHING?**

If you wish to intensively work on a particular area of development, such as public speaking style, self-confidence, or work-life-balance, or other psychological or emotional issues, please feel free to contact Dr Fei Hong directly. She offers private coaching sessions either in person, via video conference or telephone call.

## **PRIVATE COACHING SESSIONS**

Each coaching session lasts 60 minutes and can be extended to 90 minutes if required. A series of 10 sessions is strongly recommended, as any change in our lives needs time to settle in and become habitual.

The frequency and topics of coaching are highly dependent on individual needs and may focus on one or more of the following, but are not limited to:

- Mindful negotiation
- Presentation and public speaking skills
- Self-development in general
- Work-Life-Balance
- Career planning
- Interview & Assessment Centre practice
- Intercultural training (Europe vs China)
- International Marriage

## **COACHING SESSION SLOTS**

Individually Arranged

### **Booking**

See Booking Page

---

**100% SATISFACTION  
GUARANTEED!**

---

*Quality, professionalism and satisfaction are the core values of our service.*

*If in any case and for any reason you are not satisfied with our service, please let us know and we will do our best to improve until you are satisfied.*

*However, if after improvement you are still not satisfied with our service and there is nothing else that can be done, then on your written request we will refund you in full within 30 days!*

*Your 100% satisfaction is guaranteed!*

# BOOKING PAGE

## BOOKING & ENQUIRES

For booking seminars and workshops, or any enquires about the offers, the price and dates, please send an Email to Dr Fei Hong directly.

Thank you.

## CONTACT DETAILS

Mrs. Dr. Fei Hong



<b>E-Mail:</b>	workshop@drfeihong.com
<b>Telephone:</b>	+49 (0) 1746837172
<b>Website:</b>	www.drfeihong.com
<b>Skype</b>	DrFeiHong
<b>WeChat</b>	DrFeiHong-com