

A brief English Concept for Georg Holzach's Video Feedback© Training

Enhancing Presentation Skills and Confidence

Video Feedback© is a training method designed to strengthen presentation skills and boost confidence in public speaking.

The core principle of this technique is to help participants develop a clear mental representation of how they sound and appear while presenting, similar to how we have an innate understanding of our hands.

Key Components of Video Feedback©

1. Patterns

- **Talk, Listen, and Repeat:**
Participants take turns speaking and repeating others' stories, revealing how messages are retained or forgotten.
- **Conversation and Response:**
Pairs engage in conversation, with one person speaking and the other responding with questions.
- **Challenging Positions:**
Participants defend difficult positions while being questioned by others.

2. Control Modes

- **Memory Recall:**
Participants discuss what they remember from the exercises.
- **Video Review:**
The group watches recordings and analyzes effective communication techniques.
- **Secret Scoring:**
Participants anonymously rate each other's performances using playing cards.

3. Topics

- **Casual topics:**
Which Netflix series you binge-watch
What you love playing with your kids on Sunday
- **Absurd Ideas:**
Developing natural language and gestures through imaginative scenarios.
- **Compliments and Critical Advice:**
Learning to give positive and constructive feedback.
- **Elevator Pitch:**
Crafting a concise self-introduction.
- **Corporate Interviews:**
Practicing key messages
- **Critical Themes:**
Handling challenging situations

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Benefits of Video Feedback©

- Increased self-awareness of one's presentation style
- Reduced anxiety about public speaking
- Improved ability to focus on content and audience
- Better retention of key points by the audience

The Process

Video Feedback© training involves a series of exercises that gradually build participants' confidence and skills. Through repeated practice and immediate feedback, individuals learn to overcome their self-consciousness and focus on effective communication.

The method creates a supportive environment where participants can experiment with different speaking styles and receive constructive feedback.

By watching themselves on video and receiving peer evaluations, participants gain a realistic understanding of their strengths and areas for improvement.

Conclusion

By the end of the training, participants should have a clear mental image of themselves as effective communicators, much like the innate understanding we have of our own hands.

This method proves particularly valuable for professionals who frequently engage in public speaking, decisive presentations, or media interactions.

For those clients who enjoy reading a continuous story rather than this bullet point staccato, I have a story with more verbs, less nouns, buzzwords and more examples.

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