

Powertalking - Witty reactions and smart retorts: The art of not loosing ones temper

Pointed or condescending remarks – whether they are intended to hurt or not – may easily drive us up the wall. Such situations do not only make us mad, but they are also time consuming. Anger at the other person or at our own helpless, clumsy, or gauche reaction persists. We brood about all the things we could have said, had we only thought of them at the time...

This keeps us from more important things and leads nowhere. In this workshop we look at the underlying behavioural mechanisms. We learn methods to control our emotions. We look at formulas and options for reaction and develop individual variations of witty repartee.

We will also consider the basics of power talking and conversational skills.

- Why others may drive us up the wall
- Controlling emotions
- Communicational martial arts – with and without words...
- Techniques, methods, patterns for repartee
- Stressless through power talking
- Ideas for transfer

Methods

Interactive discussion of case studies, keynotes and impulses, group work, practical simulations, individual exchange