



## **Ascend International 2015 Fall I2L Professional Voluntourism Trip**

**领升国际 2015 秋季 I2L 美国职业经理人海外志愿服务•成都站**

**“I2L: leader to LEADER”**

**Chengdu Chapter: November 14-20, 2015**

*About **Ascend International** (领升国际)-*

Ascend International is a partnership community of leaders and aspiring leaders. Our aim is to provide the next generation of leaders with the tools to equip them to succeed. Ascend and her growing community of partners and volunteers exists to help you develop personally, professionally and as a member of the global community.

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**Team lead:**

**Guy Armstrong**, CEO/President, Ascend International



**Team member:**

**Jeff Hardy**, Global Leadership Consulting/Next-Level Leadership



**Dr. Curtis McDonald**, Pediatrician, Charlotte Pediatric Clinic



**Rebecca McDonald**, Teacher/School Board member



**Amy Henderson**, HR Manager, PricewaterhouseCoopers



**Vivian Huang**, Financial Analyst, The Morehead Group, Inc.



**Haley Chitty**, Consultant



**Bi Wang**, Manager, Delta Air Lines



## Available lectures-

### **Speaker: Amy Henderson**

*Topic: "What are companies looking for as they hire professionals?"*

Description - As companies are looking to hire employees, in particular students directly from college, they are not only looking for the student with the highest GPA but for a person who is well rounded and also focused on developing themselves in many areas. Amy Henderson will spend time covering five areas of focus that will develop you as an individual and an employee, based on her experience in hiring and coaching new employees for a Fortune 500 Company in America.

The five areas Amy has found that are critical as students grow themselves professionally are: Leadership, Global Acumen, Business Acumen, Technical Acumen and Relationships. Focusing on all of these dimensions grows individuals both professionally and personally. In her many years of working with professionals in the workplace, Amy has seen great success with individuals who have focused over time on developing themselves in all dimensions

### **Speaker: Jeff Hardy**

*Topic 1) "What Are the Best Leaders Like?"*

Description- Our world needs leaders, especially in light of the increasing complexity of understanding all the changes around us. How do you know what a good leader is, and how to you grow in leadership qualities yourself? Jeff Hardy will share from his personal experience and his interaction with other leaders to give the most important characteristics of excellent leaders.

*Topic 2) "What is the American Dream?"*

Description- People all over the world have heard about the American Dream, and President Xi likes to talk about the China Dream. Is the American Dream a great idea, or is it a nightmare? What can a Chinese student learn from the American Dream? This presentation considers

several factors that have historically made the American Dream a very positive concept, and we consider how students anywhere can benefit from these factors.

**Speaker: Dr. Curtis McDonald**

*Topic 1) "Feeling Overwhelmed?" Being Your Best While Enjoying the College Experience*

Description-In this seminar, Dr. McDonald will discuss research which supports the importance of sleep, rest, and vacation in the life of the productive and successful student. He will also share some of his personal experiences in creating effective work - life balance as a busy physician. Avoid the busyness trap and learn to be highly productive while enjoying your college experience.

*Topic 2) "The Nature Principle: The Remarkable Effect of the Outdoors on our Physical, Intellectual, and Emotional Health"*

Description- In this unprecedented time of rapid urbanization and technology advancement, many students are feeling disconnected from the natural environment around them. Dr. McDonald will review fascinating new research which explores the connection between human interaction with the outdoors and increased health and fitness, creativity, and productivity. Discover how to be your best by spending a bit more time in nature.

**Speaker: Guy Armstrong**

*Topic 1)" Measuring Your Own Emotional Intelligence"*

"There is so much talk about EQ in today's world. What is it? How can I know if I have it?" In this seminar, Guy will help define EQ and teach the audience about its importance in life. Once this foundation has been laid, he will guide the audience through a self-assessment where students can better understand their own level of EQ and learn of resources available to assist them in growing in their emotional intelligence.

*Topic 2)" When East Meets West: Bridging the Gap through the Power of Emotional Intelligence"*

In order for culturally divergent people to interact and thrive, we must understand each other and learn to work together. In this seminar, Guy will help Chinese students understand some about western culture and assist them in identifying particular EQ qualities that both those in the west and east need to learn in order to work together. If you someday aspire to study, reside or interact with western culture, this seminar will help get you started.

*Topic 3) "EQ Meets the Real World- Getting and Thriving in Your First Job"*

Is Emotional Intelligence really helpful in the **real** world? Can EQ help me get my first job? Can EQ help me succeed in my first job? This seminar is a practical guide to understanding EQ's importance in helping you getting started in your career.

*Topic 4) "Developing "Personal Presence"*

Some people have it, but most do not. It's what Americans now call, "Personal Presence." Demonstrating confidence, competency, character, credibility and trust in how you look, think, act and talk is the pathway to this *presence*. In this seminar Guy will give practical advice to those wishing to develop their own personal presence.

*Topic 5) "Living Healthy: Making Life Choices that Keep You Feeling and Looking Your Best"*

Whether we want to look like Jennifer Aniston or Brad Pitt, most of us would like to change our appearance. More importantly, though, we should aspire to be the best we can be, for a lifetime. In this seminar, Guy will share health, fitness and nutrition tips that can help you maintain good health and vitality for a lifetime.

**Speaker: Haley Chitty**

Dating and Romance in the West: The Good, the Bad, and the Ugly

Western cultures often idealize dating, sex, and romantic relationships. How do western views differ from your perspective and experience in relationships with the opposite sex? We have much to learn from the East and the West! Along with a discussion about cultural influences, Haley Chitty will explore various principles and predictors of healthy and fulfilling relationships.

**Speaker: Vivian Huang**

*Topic: "Effective interview skills- what to prepare?"*

While interviewing for any job can be challenging, feeling more equipped can make all the difference. In this seminar, Vivian will share valuable tips to help students feel more prepared, culturally aware, and confident to interview for American corporations.

***Other Services Our Team Offers***

- Many students wish to work for international companies in the future. Our professional team will provide "practice" interviews, in English, for students wishing to practice their job interviewing skills. Students sign up and a team and members of our Professional Team provide the interviews. Our trained team members will provide valuable feedback to each participant.
- The I2L team is also available for small group discussions or "salons" with students and/or faculty on topics chosen by the students or faculty.

***If you wish to schedule any of these speakers or other services, please contact the trip coordinator, Guy Armstrong (wechat: guyarmstrong). Requests will be scheduled in the order they are received.***

*(For more information on this program: <http://www.ascend-international.com/programs/voluntour/>)*