



CESASC* and NAAAP** of LA proudly present the fifth seminar- in a series of six sessions for cracking the “Bamboo Ceiling”

**How to Be a Good Guest and a Good Host
&
How to Receive and Give Constructive Advice**

Sunday, March. 14, 2016 | 1:30 PM to 2:00 PM

Networking

2:00 PM to 4:30 PM Seminar

Location:

Radio Golden Vintage
601 Las Tunas Dr. #100, Arcadia, CA 91007

Light Refreshments will be served.

Registration: <https://crackingbambooceiling.eventbrite.com/>

*CESASC (The Chinese-American Engineers and Scientists Association of Southern California).

** NAAAP of LA (The National Association of Asian American Professionals) of LA.

Abstract:

We have organized a very special session for you on two very relevant areas of social life: 1) to be a good host and guest and 2) how to receive and give constructive advice. Those two topics seems unrelated; however, they share common techniques. If you can be a good host or a guest, you will not only have a good social circle, but you can expand your capabilities of interacting with others. Giving and receiving advice is part of our daily life, but very few of us are capable of handling advice without taking offence, or giving advice without sounding patronizing. Hence we bring you this interesting session

that will help you get more out of your social life; a session which will arm you with techniques on handling anything including the “advice” from your friends and business associates.

Part I: How to Be a Good Guest and a Good Host (Cindy Carpenter)

Whether you are throwing a party or planning to attend one, learn how to be spectacular at both! Attend this fun, high-energy, interactive, audience-participatory workshop to learn:

- The easiest way to connect your party guests to each other
- How to make your event memorable
- What makes party guests leave early
- 3 Must-haves for every party host
- What every good guest ought to do
- Tips for breaking the ice and starting conversations with party strangers
- The secret to ensure future invitations
- And more!

Part II: How to Receive and Give Construct Advice

When someone offers us advice, our first instinct may be to be embarrassed or offended. Frequently, the next instinct is to defend ourselves. These are natural reactions, but they do not help us become better at what we do, and they do not win us any supporters or allies. Instead, we need to learn from the advice, and at the same time make the person giving the advice feel good about helping us.

In this session, Dr. Michael Alexander will discuss how you can take charge of the situation, so that instead of feeling helpless when someone suggests improvements to your work, you will feel empowered and in control, so that you feel at ease when learning from the person offering the advice and gain their future help and support at the same time.

After this seminar, you will feel comfortable working in a corporate environment as well as in your community. You will never have to worry about missing an opportunity due to your communication style.

What’s even better is that you can bring your questions and interact with others as we learn together.

Speakers:

Cindy Carpenter

Entrepreneur & Creative Fireball



Successful entrepreneur and award-winning speaker Cindy Carpenter has founded, grown and managed three different businesses during her career. At age 15, out of her mother's garage, she launched her first business, an airbrush sign business. The business ran successfully for 10 years, and it financed her college education. After earning her Bachelor's Degree in 1985 from California State University, Fullerton, she launched Carpenter & Associates, a print & packaging design firm, which she owned and managed from 1985 to 2003.

After reaching the top of her game in the print & packaging industry, she thirsted for new opportunities. She founded EMX, a medical parts manufacturing business, in the fall of 2004. Each year, for the first 3 years, she tripled the annual revenue. In the summer of 2008, she sold her company to her largest client.

"Retired" from her first three businesses, Carpenter joined Toastmasters International, a world-wide organization specializing in communication and leadership skills. In five short years, she went from a paralyzing, out-of-control fear of public speaking to being ranked as Toastmasters #1 female speaker in California and one of the top five female speakers in the world as a result of the 2014 World Championship of Public Speaking. She shares this expertise in communication and leadership with her trademark high energy, creative and engaging style.

Carpenter, who lives in Corona, is a lifelong Southern California resident. She has been married to her husband David for 25 years, and has one 18 year old son. Her hobbies include building with salvaged materials, gourmet cooking, video production and growing killer organic tomatoes.

Michael Alexander



Michael Alexander is a Ph.D. energy economist and a professional witness with an enviable track record of favorable rulings for his clients. He is also an award winning speaker with over 25 years public speaking experience.

Michael's parents taught him one important lesson in life — "Everything is interesting!" As a result, Michael spent years learning how to learn. As you would expect, he knows a great deal about economics, but he also understands history, law, religion, juggling and fire eating, technology, speech and debate, and a host of technical subjects.

He has recently taught Middle School students on such topics as congenital heart defects, the detection of art forgery, and public speaking, and he was involved in setting up and running a portable dental facility as part of a public outreach program.

In a nutshell, Dr. Alexander believes, "You never get better by doing things you already know how to do." In this seminar, he will teach you how to learn from others to improve what you can do yourself.

由南加州科工會和美國亞裔專業協會共同主辦第六期打破職場瓶頸的研討會將於 2016年3月13日登場. 此研討會是一串六個研討會系列中的第六個,

二大主題是：

1. 如何成為一個受歡迎的客人和主人
2. 如何接受及給予指點和建議

這二個主題看起來無關聯但有許多共同點。一個好客人及好主人不但有很好的社交圈而且增近和別人相處之道。

每個人都會有机会請客或受邀請做客，所謂的禮尚，人之長情。在一個新環境中如何能夠將分寸拿捏，賓主盡歡，則是一門高深的學問。

同樣地，接受及給予指點和建議是我們日常生活中不可避免的，除非你不要和人來往。但如何能在談笑風生中，三言兩語能化干戈為玉帛則是一個藝術和學問。

我們有專家指導您如何用適當的語言和肢體語言，將您的內心想法完整的表現出來，而不會有負面的誤解，留對方一個極好印像。這可是在美工作成功的重要關鍵。有時候略有疏漏就是會讓對方不舒服而影響到你和他們的和諧而對你的工作昇遷就會有影響。

這場職場文化教您對應之道，再也不會擔心表現不佳而影響您的遷昇和事業的發展。

這樣的講座可是難得的機會，讓我們將不知道的，困惑的，表現之道帶來討論。

這期的演講人可是重量級演說專業人士。他們能在百忙之中和大家分享他們寶貴的經驗，真是机会难得。

朋友們，這樣的講座可是難得的機會，讓我們將不知道的，困惑的，禮儀問題帶來討論解決。請上網註冊。www.cesasc.org. 截止日期是2016, 3月12日。

我們還準備了點心，飲料，讓你和我們的度過一個輕鬆，愉快的下午。將你所學帶給您快樂的一個假期與永續的和諧的工作與生活。

給自己一個機會，趕快來報名。座位有限。我們分現場和網路兩類，分別為二十和十元，保證物超所值。如您覺的沒用學不到東西我們會全額退款給您。不會有風險。非常希望您和您的朋友一起來，您知道要改變您的社交，創造您新的機會，來吧不要再想了，機會難得啊。帶著您的社交煩惱來，咱們一起努力解決。

日期: March 13, 2016

時間: 1:30 PM to 2:00 PM 社交, 2:00 pm - 4:30 pm 研討會

地點: 601 Las Tunas Drive, #100, Arcadia CA 91007

登記: www.cesasc.org

