

教育革新：实用技巧重塑人生

Transforming Education with Practical, Life-Changing Techniques

一、背景介绍 Background

丹尼斯·努梅拉 (Denis Nurmela) 是一位享誉全球的演讲者、教育工作者和认证神经语言学从业者，拥有超过三十年的经验，致力于助力改变世界各地学生和专业人士的人生。凭借在创业、心理学和临床催眠治疗领域的专业背景，丹尼斯帮助个人充分挖掘潜意识的潜力，从而自信满满地实现学业成功与个人成长。

Denis Nurmela is a world-renowned speaker, educator, and certified neurolinguistics practitioner with over three decades of experience transforming the lives of students and professionals worldwide. With a background in entrepreneurship, psychology, and clinical hypnotherapy, Denis empowers individuals to tap into the full potential of their subconscious minds to achieve greater confidence, academic success, and personal growth.



持有领导力与组织研究硕士学位，丹尼斯为他的讲座和研讨会注入了丰富的知识与洞见，他在中国担任大学教授的经验（目前在“211工程”华北电力大学授课）使他成为教授学生和教育工作者公众演讲、建立自信、以及利用潜意识实现学业与个人卓越的专才。他的方法根植于强大的神经语言程序设计 (NLP) 与自我催眠技巧，帮助学生和老师立即运用这些技术，转变他们的学习、教学和沟通方式。

Holding a master degree in leadership and organizational studies, Denis brings a wealth of knowledge to his workshops and lectures. His extensive experience as a university professor in China (currently teaching at North China Electric Power University in Baoding, a prestigious "Project 211" university) allows him to specialize in teaching students and educators how to master public speaking, build confidence, and leverage the subconscious mind for academic and personal success. His approach is grounded in powerful techniques from neurolinguistic programming (NLP) and self-hypnosis that students and teachers can implement immediately to transform their approach to studying, teaching, and communicating.

丹尼斯的影响力及其工作获得了广泛的认可，他在 2022 年被授予长沙大学的荣誉教授称号。此外，他还在 2015 年发表了一场名为《如何改变世界》的 TEDx 演讲，分享了他对塑造下一代领导者的热情与愿景。他的研讨会和讲座旨在产生持久的影响，助力学生克服公众演讲的恐惧、改善学习习惯，并培养在竞争环境中取得成功所需的心理韧性。

Denis' work has earned him widespread recognition, including an honorary professor designation at Changsha University in 2022. He also delivered a TEDx talk in 2015 titled "How to Change the World," where he shared his passion for shaping the next generation of leaders. His workshops and lectures are designed to leave a lasting impact, empowering students to conquer public speaking fears, improve study habits, and develop the mental resilience needed to excel in competitive environments.

在他辉煌的职业生涯中，丹尼斯帮助众多学生在省级和国家级演讲比赛中获得荣誉，并辅导过众多知名人士（包括 2014 年加州小姐玛丽娜·因塞拉），教授他们实现人生转变所需的技巧。他不仅传授 NLP 理论，还赋予参与者独立运用这些工具进行个人成长与发展的能力。

Throughout his career, Denis has helped students win top awards in provincial and national speech competitions and coached high-profile individuals (including Marina Inerra, who won the title of Miss California in 2014) on techniques that led to life-changing success. His unique approach not only teaches the theory behind NLP but also empowers participants to use these tools independently for personal growth and development.

怀揣着对培养下一代领导者的热情，丹尼斯为学生与教育工作者提供量身定制的讲座与研讨会。无论您希望提升学术成绩、增强公众演讲能力，还是促进课堂上更高的学生参与度，丹尼斯都能为您提供必要的帮助，以实现即刻的应用与深远的转变。

With a passion for teaching the next generation of leaders, Denis offers tailored lectures and workshops for both students and educators. Whether you're looking to improve academic performance, enhance public speaking abilities, or foster greater student engagement in the classroom, Denis provides the tools necessary for immediate application and long-term transformation.



二、业务范围 Scope of Business

针对大学生和高中生 For University and High School Students

1. 掌握公共演讲：自信与影响力 Mastering Public Speaking: Confidence and Impact

重点：公共演讲技巧、建立自信和有效沟通，为竞赛和职业准备做准备。

Focus: Techniques for public speaking, confidence-building, and effective communication for competitions and career preparation.

2. 学习习惯与成功策略：利用潜意识力量

Study Habits and Success Strategies: Leveraging the Subconscious Mind

重点：教授学习技巧和策略，利用潜意识力量促进学术和个人成功。

Focus: Teaching study techniques and strategies for harnessing the power of the subconscious mind for academic and personal success.

3. 学生神经语言程序设计（NLP）Neurolinguistic Programming (NLP) for Students

重点：向学生介绍 NLP 原则，以提高内动机、专注力和心理韧性。

Focus: Introducing students to NLP principles to improve motivation, focus, and mental resilience.

4. 克服学术压力与焦虑 Overcoming Academic Stress and Anxiety

重点：实用自我催眠疗法和基于 NLP 技巧管理压力并培养积极的心态，提高学术表现。

Focus: Practical self-hypnosis and NLP based techniques to manage stress and develop a positive mindset for better academic performance.

5. 成功公共演讲竞赛者的秘诀 Secrets of Successful Public Speaking Competitors

重点：为准备参加省级和国家级演讲竞赛的学生提供针对性策略和指导。

Focus: Insights and strategies for students preparing for provincial and national speech competitions.

针对教师和教育工作者 For Faculty and Educators

1. 现代课堂互动教学技巧 Engaging Teaching Techniques for the Modern Classroom

重点：创新教学方法以增强课堂参与度，特别是在语言和沟通学习中。

Focus: Innovative methods to enhance classroom engagement, especially in language and communication studies.

2. 教授的公共演讲技巧 Public Speaking Skills for Professors

重点：为大学教育者量身定制公共演讲技巧和策略，以更有效地增强学生粘性度。

Focus: Public speaking tips and strategies specifically tailored for university educators to engage students more effectively.

3. 指导公共演讲比赛 Mentoring Students in Competitive Public Speaking

重点：提供指导学生参加演讲竞赛的技巧和工具，助力竞赛取得好成绩。

Focus: Techniques and tools for mentoring students in speech competitions and preparing them for success.

4. 教育中的 NLP：激励和启发学生 NLP in Education: Motivating and Inspiring Students

重点：基于 NLP 策略，帮助教育者与学生建立联系，激发动力，并增强课堂凝聚力。

Focus: NLP based strategies for educators to connect with students, inspire motivation, and build classroom cohesion.

5. 新时代学习习惯：指导学生的技巧

Study Habits for a New Era: Techniques to Guide Students

重点：教授使用潜意识和 NLP 技巧以改善学生的学习习惯，提高学习成果。

Focus: Teaching methods that improve students' study habits using subconscious techniques and NLP to boost learning outcomes.



诚邀您共赴这场知识的盛宴，探索人生的无限可能。

欢迎咨询更多信息，我们期待您的积极参与！

We cordially invite you to join us for this celebration of knowledge and explore the endless possibilities of life.

Feel free to reach out for more information; we look forward to your enthusiastic participation!

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