moneyViPprogram.com

Vinh Giang

UNLOCK YOUR VOICE. UNLOCK YOUR POTENTIAL.



The Mastery Cycle

How to rapidly improve your communciation skills

moneyViPprogram.com



HELLO THERE! I'M

VINH GIANG

Thank you for choosing to learn with me 🙃

This is me in a nutshell 🥜

Professionally
I've spent over a decade studying the art of communication. And I've studied this art form from different perspectives: Music, theater, keynote speaking, magic, and content creation. The combination of these different perspectives have given me a unique method of teaching! And it appears to resonate with people, as I currently have a following of over 10 million followers across social media platforms!

Personally
I am married to an incredible woman, I have 2 beautiful kids and 2 fur babies. In my free time, I LOVE cooking, camping, archery, gardening, listening to the Backstreet boys, and eating Nutella with ice cream (and peanut butter).

Oh and I LOVE playing games eg. Zelda - Breath of the Wild.

Alright, now that you know who you're working with, let's get you started on your journey to communication mastery!

moneyViPprogram.com

Why is communication important?

Oh, let me tell you, getting your communication game on point is like unlocking a superpower. Seriously, it's the secret sauce for, well, just about anything and everything! Whether you're charming the socks off a new acquaintance, nailing that dream job interview, or rallying a team around your vision, how you express yourself makes all the difference.

What are the benefits of effective speaking techniques?

Effective speaking isn't just about making noise; it's about making an impact. It's the difference between being *heard* and being *understood*, between talking *at* someone and talking *with* someone. Once you have the communication techniques, you're not just sharing words - you're sharing ideas, emotions, and connections. You become the person who people lean forward to listen to, you’re the voice that can inspire change, and you’re the presence that's remembered even after you've left the room.

Whether you're whispering sweet nothings or pitching the next big thing, nailing communication is your ticket to deeper connections, personal and professional success, and having the confidence to speak up in a world that's waiting to hear what you've got to say. It's not just about talking; it's about speaking and making every word count.



moneyViPprogram.com

If communication was your ‘Superpower’, how different would your life be today?

LIST THEM IN PRIORITY ORDER.
BE AS SPECIFIC AS POSSIBLE:

E.g., I would like to say less ‘ums‘ and ‘ahs‘ in conversations. When I present to small groups of people, I want to stop crossing my arms.

1

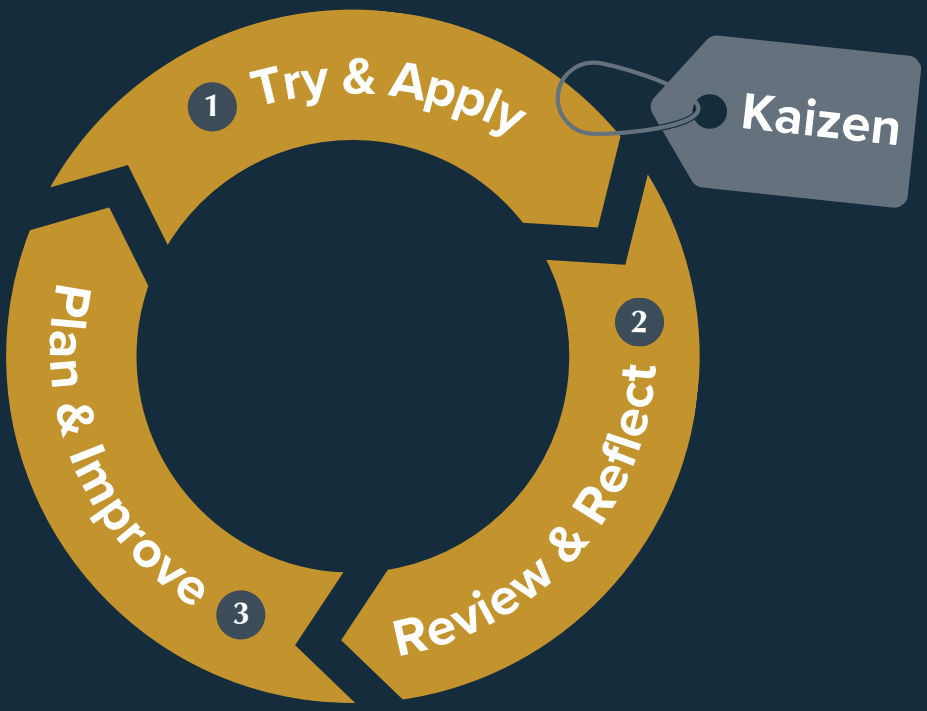
2

3

moneyViPprogram.com

MASTERY CYCLE

What is it?



When most people begin their journey mastering their communication skills, they often face a problem - “Where do I even start?!” “How do I know if I am doing it right?!” “WHY DOES VINH EAT ICE CREAM WITH NUTELLA AND PEANUT BUTTER!?”

This is why I created the Mastery Cycle.

It’s a formula that will help you get started, and allow you to create your own personal feedback loop: You try out new ways to get your point across, then hit pause to review the results. Next, you grab your planner and jot down some tweaks for next time.

Each lap around the cycle sharpens your skills and gets you closer to your goal - whether that’s connecting with people like never before, building confidence in your communication abilities, or being heard!

In the next section, we will break this Mastery Cycle down, one step at a time.

moneyViPprogram.com

Prequel

Before we get into the Mastery Cycle, you have to understand the main reason why most people don't see progress is because they are obsessed with *knowledge acquisition*. The truth is, when you learn something new - it gives you a dopamine hit. It feels good in the moment...

But there's **no** change if you do nothing with the knowledge you just acquired.

This is a big problem in the world right now.

Knowledge acquisition is only 50% of the puzzle.

The Mastery Cycle is here to help you with the *other 50% of the puzzle*. .

KNOWLEDGE APPLICATION.

The age old saying...

"Knowledge is power."

Is WRONG!

Here's the updated version...

APPLIED KNOWLEDGE IS POWER.

This is a very important lesson to learn before we dive into the Mastery Cycle. The formula I am about to teach you can be used with any area of life; however, I know for a fact when you apply this to communication skills, you will experience rapid skill development.

Are you ready?

Let's do it.

moneyViPprogram.com



moneyViPprogram.com

Try and Apply

In this first step, we are breaking the habit of only acquiring knowledge.

Avoid analysis paralysis, and pick one of the following 3 areas to work on:

- Non-words & filler words
- Articulation
- Pauses

Non-words & filler words

Non-words are the sounds we make to fill the silence; such as: “Umm”, “err”, “ahh” etc.
Filler-words are the words we use to fill the silence; such as: “So”, “like”, “do you know what I mean”, etc.

To try and apply this lesson, anytime you feel like saying a non-word or a filler word - insert a pause. And that’s it!

Articulation

Poor articulation is one of the biggest problems in communication as it causes people to not understand you clearly. It also strips authority and credibility away from you, and lowers your perceived level of intelligence.

To try and apply this lesson, practice reading a book for 10 minutes a day **OUT LOUD** - and when you do this, over-exaggerate your mouth and tongue movements.

Pauses

When people don’t use pauses in their every day communication, the following problems occur:

a) They overuse non-words & filler words
b) They don’t give people any time to process the things they are saying
c) They decrease the clarity of their message

To try and apply this lesson, the very next time you talk to someone, place strategic pauses after important points that you make.

moneyViPprogram.com

Try and Apply

PICK WHICH SKILL YOU WILL TRY & APPLY

- [ ] Minimise Non-words & filler words
- [ ] Improve Articulation
- [ ] Learn how to use Pauses

HOW WILL YOU TRY & APPLY YOUR CHOSEN SKILL?

STUDENT EXAMPLE:

Skill to Try & Apply: Pauses
I have a speech coming up next Tuesday. I have already written the speech, so I am going to go through the whole talk and insert a circle after the important points that I want to highlight and strategically place a pause there. Here's an example sentence:

*Did you know that one of the main reasons for a monotone voice is due to lack of movement with the body? **PAUSE***

I will do this for my entire talk, and rehearse the whole talk with all the pauses.

moneyViPprogram.com



moneyViPprogram.com

Review and Reflect

After trying out these communication strategies, it's crucial to take a step back and reflect on what worked and what didn't. This involves self-assessment and/or seeking feedback from peers or mentors. Reflecting on experiences will help you to understand the impact of your communication style and more importantly, identify areas for improvement!

DO YOU FEEL YOU ACHIEVED THE GOAL THAT YOU SET?

☐ YES ☐ NO ☐ NEARLY

WHAT WERE THE MOST SIGNIFICANT CHALLENGES YOU FACED?

STUDENT EXAMPLE:

My most challenging issue was pausing! Even though I marked out where I was going to pause - I had the feeling that I need to keep talking and not waste any time. The habit of NOT pausing is still very strong.

WHAT WERE THE OUTCOMES OR RESULTS OF PRACTISING THIS SKILL?

STUDENT EXAMPLE:

While practising this skill, even though it was hard - I could feel myself becoming more aware of how important pausing can be. One big outcome I didn't expect was how it made me feel more relaxed in the moment! I was also able to clearly think about what part came next, instead of panicking and worrying about forgetting what to say next.

moneyViPprogram.com

Review and Reflect

WHICH ASPECTS OF THE SKILL DID YOU FEEL THE MOST OR LEAST CONFIDENT WITH?

STUDENT EXAMPLE:

I felt the most confident mapping out where all the pauses should be in my speech, but I wasn't as confident with the actual pausing itself when applying the knowledge during my rehearsals.

DID YOU RECIEVE ANY FEEDBACK FROM OTHERS?

STUDENT EXAMPLE:

My mum heard me rehearsing in the room next door, and when I asked her what she thought - she mentioned that she felt I was still talking too fast and not pausing much. This was consistent with what I felt after my first rehearsal.

HOW DOES YOUR CURRENT SKILL LEVEL COMPARE TO WHERE YOU STARTED?

STUDENT EXAMPLE:

Even after one practice session, I can tell there has been improvement. Even the awareness of the pauses has improved my speech by a little. I can see why this review and reflection process is so important - it helps you see the small steps of improvement!

moneyViPprogram.com



moneyViPprogram.com

MASTERY CYCLE | STEP 3

Plan and Improve

This is the most critical step of learning that most people never even get to. If you keep pushing through this process, you will achieve a level of mastery that most won't. You **can** and **will** become a better communicator - this is the work that will get you to where you *want to go*.

You've already gotten this far. Don't stop now.

WHAT LESSONS HAVE YOU LEARNED FROM DEVELOPING THIS SKILL?

STUDENT EXAMPLE:

One BIG lesson I am learning from this experience is the importance of trying things out! It's not just about learning, but making time to apply and review and reflect. I am also learning that just by pausing more, it made me feel more relaxed and less nervous.

WHAT STRATEGIES AND RESOURCES HAVE BEEN THE MOST EFFECTIVE IN AIDING MY SKILL DEVELOPMENT?

STUDENT EXAMPLE:

This Mastery cycle has been an incredible resource that has helped me not only push through analysis paralysis, but it has also helped me learn the importance of reviewing and reflecting upon the experience. I am learning so much just by going through this process step by step! Also - hearing feedback from my friends and peers has provided insights that I never would have noticed on my own.

moneyViPprogram.com

MASTERY CYCLE

Plan and Improve

WHAT CHANGES CAN I MAKE TO FURTHER IMPROVE MY SKILL OR DEVELOPMENT?

STUDENT EXAMPLE:

I need to push myself to pause for longer periods of time. I think I am going to have to count in my head "1 mississippi, 2 mississippi & 3 mississippi" etc. And I have to push through the discomfort that I feel, whereas right now I am giving in to that discomfort and I continue to talk when I should be giving my audience more time to process what I'm saying.

WHAT ARE MY NEXT STEPS OR GOALS FOR CONTINUING TO DEVELOP THIS SKILL?

STUDENT EXAMPLE:

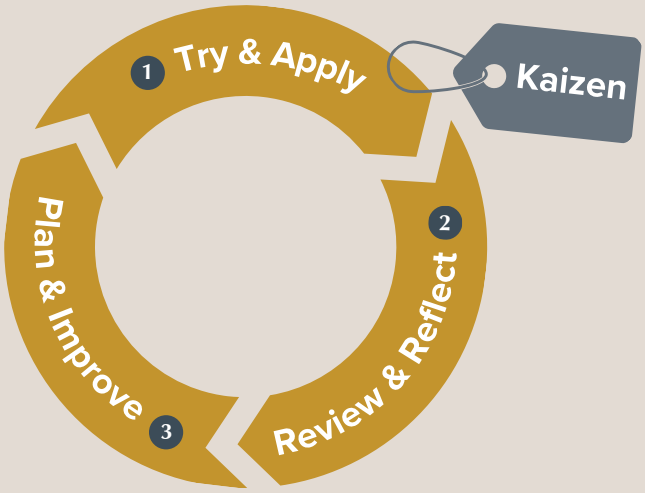
My next step is to schedule another 20 minutes to rehearse my talk, and push myself to pause for longer periods of time. My goal is to get more comfortable with pausing, and I mean a full second pause, not a 1 millisecond pause. I know that improving things one step at a time will help me become a masterful communicator. A Journey of a 1000 miles, starts with 1 step!

moneyViPprogram.com

THE REAL SECRET...

Mastery

If you've gotten this far, then just know that you've just done something 90% of others won't. Now here's the most powerful lesson that changed my life. There's part of the Mastery Cycle that people miss, even though it's right in front of them.



The secret is hiding in plain sight.

It's a circle. It is a symbol of infinity, where there is no end, nor is there a beginning.

And this is why I picked a circle to capture the Mastery Cycle. Mastery is something we don't ever achieve, it's a way of life. It's the commitment to continuous improvement, always and forever. This is the ultimate secret of the GOATS in the world.

They commit to Mastery.

How did I get to where I am today? I've been through thousands of revolutions of the Mastery Cycle - and I will continue to do so.

How will you get to where you want to go? By learning to commit to a new way of life. You've just taken your first step in your new way of life.

moneyViPprogram.com

