



Moderation Checklist & Toolbox

Checklist

- Ordered a free copy of "Strength Through Crises" (► [email](#))
- Coordination with Marc about moderation (right before lecture)
- Printed the moderation card (see below for templates)
- Duration of the lecture is known (usually about 40min)

Stay relaxed when preparing for your event with Marc

On the following pages, you will find some suggestions on how to **announce Marc on stage** and initiate or moderate the subsequent **Q&A session**. You are welcome to use the **moderation cards** at the end of the document directly as they are or adapt them to your needs.

Should you need further information or material, please contact:

Team Marc Wallert

info@marcwallert.com

marcwallert.com

Introduction



First slide in Marc's presentation

Enter "the jungle"

Usually, Marc starts with a jungle background image and welcomes your guests with "Welcome to the Jungle!"

Therefore, the keyword "jungle" is always good to use, also in the introduction.

Return to the "Home Forest"

Usually, Marc concludes his jungle journey with this background image and a "Thank You!"

At this point, you take over with the final moderation or with the transition to the Q&A session.



Last slide in Marc's presentation

Suggestions for suitable texts for the introduction can be found in the form of ***moderation cards*** for printing at the end of this document.

Q&A Session

Marc loves moderated interaction with the audience and is open to all questions.

Icebreaker

Here are some suggestions for questions you can ask until the audience warms up:

- Does the jungle experience help you to deal with crises better today?
- Would you prefer to undo the kidnapping today if you could?
- What resilience techniques do you apply in everyday life?
- After your release, you suffered a burnout at work, how did that happen?

Closing the Q&A Session

- You have written a bestselling book. **[Feel free to show the book!]**
What else is in it that we haven't heard just now?
- For those now intrigued and wanting to strengthen their resilience – what can they do?
- If you have questions or feedback about the lecture – who can you contact?



Interactive Q&A session at eye level with the moderator (left) during the virtual keynote

NOTE

Especially in conjunction with moderation, the famous "goosebumps moments" in the room occur again and again – even when Marc is "only" present virtually. Do you want to learn more about Marc's virtual keynotes and the art of virtual eye contact?

Talk to us!

Moderation Cards

On the following pages, you will find various suggestions for introducing Marc during your event.

Simply print them out, fold them in the middle, and you have practical moderation cards.

Introduction – Snappy

He is Germany's best-known resilience expert, bestselling author, and survivor of a kidnapping.

As a hostage, he spent 20 weeks in the Philippine jungle.

Today he reveals to us his survival strategies. Dear guests: **Marc Wallert!**

Introduction – Classic

He is Germany's best-known resilience expert. He masters the art of not losing his head.

In 2000, he spent 140 days in the Philippine jungle – involuntarily, as a hostage of terrorists. He kept a cool head, even when there were threats to behead him.

His bestselling book "Strength Through Crises" made him well-known on radio and television. STERN magazine calls him "The Uplifter."

Today he tells us how we can stay optimistic in the most difficult situations and why overly positive thinking can be deadly.

Dear guests: **Marc Wallert!**

Introduction – Business

He is Germany's best-known resilience expert. He masters the art of not losing his head.

In 2000, he survived 140 days in the Philippine jungle as a hostage of terrorists. He kept a cool head, even when there were threats to behead him.

His bestselling book "Strength Through Crises" made him well-known on radio and television.

Today he combines his 20 weeks of kidnapping experience in the jungle with his 20 years of leadership experience.

He will reveal to us how we can stay optimistic in the economic jungle and why overly positive thinking can be deadly.

Dear guests: **Marc Wallert!**

Marc Wallert

Anmoderation – Stichworte

- Germany's best-known resilience expert
- Bestselling book "Strength Through Crises"
- STERN magazine calls him "the Uplifter"
- Survived a kidnapping in 2000
- As a hostage for 20 weeks in the Philippine jungle
- 20 years of management career
- Leadership experience and kidnapping experience
- Takes us into the jungle today
- His motto: "Don't lose your head"
- Dear guests: **Marc Wallert!**