



Public Speaking Topics

Alex Wilson



The Speaker: Alex Wilson

- Live in south central Pennsylvania
- Information technology professional since 1988
- EMT / Fire fighter (career & volunteer) since 2004
- Eagle Scout, support environmental stewardship
- Married to Dawn since 1996





Alex Information Technology Background

- Entered in 1988
- Sales, support, technician, systems administrator, applications developer, instructor, consultant, project manager, IT Director / CTO level work
- Business process improvement, strategy planning, project management, general business consulting
- Specialize in collaborative computing

I help businesses select and implement technology solutions that result in business growth, lower costs, improved customer satisfaction, or improved productivity.



Alex's EMS/Fire Industry Background

- Entered in 2004
- Nationally certified fire fighter, PA EMT and instructor
- Part time EMT for several busy EMS services in area
- Volunteer fire fighter in my home town
- Have presented at international and regional conferences



Degrees & Certifications

- College Degrees
 - AAS in Business Administration
 - AAS in Fire Science
- Technical Certifications
 - CompTIA Network+
 - APC Design Professional
 - Microsoft Certified Professional



Availability

- Times:
 - Nights and weekends best
 - Days are possible

- Locations:
 - PA: York, Lancaster, Adams, Dauphin, Cumberland Counties
 - MD: Baltimore, Harford, Carroll Counties
 - Will consider other locations if time permits



Contact Information

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Speaking Topics

- Internet Safety and Security
- General Business
- Health and Welfare



Internet Safety and Security Topics



Protecting Your Identity

- Target audience: Adults of all ages
- Length: 30 – 45 min
- Key topics:
 - Defining the threats
 - Protecting yourself from the threats

During this brief presentation, you will be exposed to the types of threats that can compromise your identity on the Internet. These include viruses, malware, spam, phishing attacks, social networks, and wireless networks. After the threats are defined at a basic level, learn how to protect yourself with firewalls, Internet security suites, patching, passwords, anti-virus, anti-spyware, and anti-spam. Learn how to protect yourself when using social network and public computers. Learn how to protect yourself from phishing attacks.



Protecting Your Children on the Internet

- Target audience: Parents, teachers, counselors
- Length: 1.5 hours to 2.0 hours
- Key topics:
 - Defining threats and how to protect your computers
 - Defining threats specific to children and how to protect them

During this presentation you will learn about what threats exist to our computers at home and how to protect yourself properly. Firewalls, wireless, antivirus, antispam, malware protection, will all be discussed. During the second half, we will dive into the seedier side of the Internet and discuss how are children are in danger and what we can do to protect them. We will discuss instant messaging, email, SMS/texting, sexting, cyber bullying, social media, and more.



General Business Topics



Managed Services

- Target audience: Business owners / managers
- Length: 30 – 45 min
- Key topics:
 - What is managed services
 - Why should I be interested in this

Managed services are essentially outsourcing arrangements for various things you do today in your business. They can be for printers, copiers, servers, help desk support, and other areas of your business. In this short presentation, we will define what types of managed service offerings are out there today and understand the benefits and how to engage in this type of model.



Mobile Computing Tools

- Target audience: Anyone interested in leveraging mobile technology in their personal or business life
- Length: 30 – 45 min
- Key topics:
 - Defining the devices available today
 - What are some examples of apps today and how do they work

If you are interested in getting into the world of mobile computing but are not sure where to start, this presentation might help spark some thoughts. Learn about the latest devices on the market and what applications are out there to help improve your life both personally and in business.



Cloud Computing for the Individual

- Target audience: Anyone interested improving their life
- Length: About 30 min
- Key topics:
 - Cloud services ideal for the individual
 - Putting these services to work for you

In this brief presentation we will explore a variety of cloud services available for the individual. Services such as Dropbox, Evernote, Instapaper, iCloud, and more. We will look at ways these services can be used to benefit you personally and even improve your work life.



Leadership vs Management

- Target audience: Managers of all levels
- Length: 30 – 45 min
- Key topics:
 - Define the difference between a leader and a manager
 - Explore the benefits of both

So which are you? A leader or a manager? Are you a little of both? This short presentation will help you understand the differences between a leader and a manager as well as how to meld the two together to be more effective in what you do. Understand the importance of leadership in the business world and how you do not have to be in a position of authority to be a leader.



Better Meetings

- Target audience: Anyone in business
- Length: 20-30 min
- Key topics:
 - Understand why meetings in their traditional format are bad
 - Understand the concept of the modern meeting

Do you hate meetings? Do you feel like nothing good ever comes from them? In this brief presentation we will explore the concept of the “Modern Meeting” as written by Al Pittampalli. We will explore the seven principles of the modern meeting and give you ideas to take back to work to try to make change for the better. Follow the same principles as some of the great dot-com firms that are leading the charge today.

Make your meetings more efficient and improve your bottom line by wasting less time and getting more done.

Warning: Requires an open mind and a willingness to change the way you do business.



Health and Welfare



Recognizing Key Health Threats

- Target audience: Adults of all ages
- Length: 15 – 30 min (adjustable to your needs)
- Key topics:
 - Recognize key health threats
 - How to react to the threats properly
 - Prevention options

During this presentation we will discuss some key health threats and the signs and symptoms we should be watching for. These include strokes, diabetic emergencies, cardiac events such as heart attacks and cardiac arrest, and poisoning/overdoses. We will also discuss how to handle such emergencies should they occur.



Compression Only CPR

- Target audience: Anyone
- Length: 10-15 minutes
- Key topics:
 - Recognize a cardiac emergency
 - Perform compression only CPR until help arrives

Time is muscle and brain in a cardiac emergency. Recent studies have shown that if a bystander initiates CPR quickly that there is a stronger chance of survival. This brief overview teaches you how to do effective compression-only CPR in an emergency.

No hands on practice. Demonstration only. If hands on practice is desired, add another 10-15 min to the time depending on audience size.



Street Drugs – Current Trends

- Target audience: Parents, teachers, counselors
- Length: 45 – 60 min
- Key topics:
 - Recognize signs and symptoms of abuse
 - Understand popular drugs, terms, slang, intake methods

Everyday there are new options for kids to get “high”. The pot of the 60’s is nothing compared to the stuff these kids are toying with today. Learn about the signs and symptoms of abuse and what to do to help. Learn about the main drugs as well as the latest and greatest like K2, Spice, Salvia, Bath Salts, Jewelry Cleaner, etc.



Street Drug Awareness

- Target audience: Parents, teachers, counselors
- Length: About 2 hours
- Key topics:
 - Recognize signs and symptoms of abuse
 - Understand popular drugs, terms, slang, intake methods

Everyday there are new options for kids to get “high”. The pot of the 60’s is nothing compared to the stuff these kids are toying with today. Learn about the signs and symptoms of abuse and what to do to help. Learn about the main drugs as well as the latest and greatest like K2, Spice, Salvia, Bath Salts, Jewelry Cleaner, etc.

This course will review all drugs past and present. Marijuana, cocaine, heroin, LSD, PCP, inhalants, meth, date rape drugs, ecstasy, peyote, mushrooms, prescription drugs, over the counter drugs, alcohol, and more.