Voice training and public speaking skills for PhD’s

In-person-seminar or online-seminar with active individual participation

**Voice -and vocal-training:**

Practical exercises for breathing techniques, clear articulation and voice sustainability.

**Public speaking:**

- How to deal with nervousness and buck fever.
- How to prepare speeches and presentations systematically and structured.
- How to give speeches in a stringent and focused way.
- How to maintain attention and interest of the audience.
- How to use PowerPoint and other media in a way, that they support and strengthen my speech instead of boring and tiring the audience.

Each participant has the opportunity to give several speeches during the seminar with individual feedback.

In-person-option: All presentations will be audiotaped and the participants receive an mp3-recording after the course.

Online-option: The speeches will be recorded (with consent). Every participant-speaker receives an individual written feedback from the peer-audience.

**By the end of the course the participants will know, how to:**

- prepare and give an oral presentation about their research work in an effective manner for a specific target audience.
- apply some specific techniques to optimize the use of their voice while presenting.
- maintain good voice resonance in a challenging situation.
- have better control over nervousness, breathing and carrying capacity of the voice.
- recognize the elements of best practice when they observe the presentations of others.
- formulate constructive feedback for peers about presentation performance.
- reflect their own performance based on peer feedback and self-reflection.

**Duration:**

2 days with one day in-between for transfer & preparation work

**Time:**

09:00 – 17:00 hours

**Max. part.:**

12 (to enable the best possible individual approach and training)

**Language:**

English or German