

# Workshop for GEOMAR female Postdocs: “Speech & Self-presentation“

How do I orally bring my content across an audience in a convincing manner? How should I control my voice? How should I stand? How should I move and how can I have fun when speaking in front of an audience? In addition to content-related competence, the way of speaking is of particular importance: content is conveyed through people.

When presenting, it is hardly ever the content that counts the most; rather, it is more important HOW you bring the content across to the listener. This requires professional rhetoric skills. Science needs presenters who can present their scientific results in a self-confident manner.

Rhetoric is fun. This is what we train. And, you are going to like this!

## Contents:

- what is rhetoric and how can I use it?
- the first impression: demeanor - how do I come across?
- IS-SHOULD status: body - voice - speech and presentation behavior
- oral presentation tools
- voice and body training
- speech and training structures: free, spontaneous speech and speaking training
- stage fright & co.
- spontaneous presentation
- short masterpieces and final rehearsal for GEOMAR postdocs
- training concept and homework

## The Trainer: Jane Bormeister



- Rhetoric Coach and Health Professional Complimentary Medicine.
- M. A. Speech Communication & Psycholinguistics, München
- M. A. Cultural Sciences & Complementary Medicine, Frankfurt/Oder
- Diploma Spiraldynamik, Akademie Zürich
- Postgraduate student on the subject of „Körperbewusstsein, Emotionen & Rhetorik“, European University Viadrina, Frankfurt/Oder

**Date:** July 4<sup>th</sup>, 2017 (9:00-17:00)

Venue: Large Conference Room , Westshore building

**Registration:** Please register (binding) by email to [womensexecutiveboard@geomar.de](mailto:womensexecutiveboard@geomar.de). There are 12 places available for postdocotoral scientists, assigned by first-come first-serve.

**Deadline for registration:** June 9<sup>th</sup>, 2017