

Workshop: Presenting with confidence

**It is not easy to speak in front of a public and to present our project
We need a lot of self-confidence and conviction**

In this 2-day workshop, you will learn:

How can I fascinate my audience?

How can I be less nervous?

How can I control my breath?

How can I use my voice so that I am heard?

How can I catch my audience's attention?

Learning objectives

You will learn in theory and practice, how to

- reach and fascinate the audience
- present in an exciting and confident way
- consciously use means of expression like breath, voice and body language
- improve self-perception, perception of others and of the surroundings
- rehearse your presentation in an effective way

Learning Tools

- The acquired theoretical knowledge will be applied to the target group
- Professional feedback methods will be used
- The focus is on careful and precise observation and attentive listening
- The structure of the presentation will be reviewed on the basis of a project
- Opportunity to practice with video recordings

Timetable: 15 – 16 April 2020

09h15-17h15 (including 1h lunch time)

Place: room 224 (2nd floor), University of Bern, Mittelstrasse 43, 3012 Bern

Lecturers: Claudia Winfield, London trained actress and voice & public speaking coach
(<http://winfield-media.com/>)

David Levine (Crazy David, <http://www.crazydavid.ch/>)

Registration **until April 1, 2020 to, cinzia.marti@gcb.unibe.ch**

Please be aware that participation on both days is required

Limitation: max. 16 participants 0.5 ECTS