



Out with it! – Training for voice, speech and body language

Trainer: Katharina Padleschat
Date: 5th and 6th of October 2022 | 9 am to 5 pm
Venue: University of Konstanz
5.10.2022 room C 423 | 6.10.2022 room K 503
Addition: Snacks and drinks will be provided

Workshop content

You are qualified and competent – and your audience should hear it, see it and feel it.

People with trained voices, elocution and good body awareness lift themselves up from the masses and have a clear competitive advantage.

To leave the impression you wish – in lectures, presentations, interviews and meetings – it is necessary to know how to perform professional and genuine and very useful to be in control of your own „instrument“.

In this workshop you gain a good basic-knowledge about voice, speech and body language, practical experiences and always individual feedback – to feel more confident and safe in future communication-situations of all kinds.

Main topics and tools

- Theory of voice and body language
- Professional, natural breathing technique for speaking
- How can you take control of your voice and even play with it?
- Leave the impression you want
- Tuning mind set towards role and mission
- Professional steering of ones performance in teaching, discussion, presentation
- Dealing with dominance, reacting calmly and self-confidently
- Increase presence and charisma
- Practical exercises: individual / partner / small group, and camera feedback
- Learning by doing – with „head, heart and guts“

Registration: **Until 28st of September 2022** via e-mail to Marie-Claire Kabengele (marie-claire.kabengele@uni-konstanz.de)