

Kite-mentoring training

Performing under pressure - Confidence and presence in public speaking

Date: Monday 12.05.2024 (14:00 – 18:00)

Location: Faculty of Engineering, Univ. Freiburg, Georges-Köhler-Allee, Building 80

Invited trainer: Stéphanie Dreher (Theatre teacher Freiburg)

Registration: <https://terminplaner6.dfn.de/p/47c83f75361e423b91bc5b6fd4dbcb69-1015186>

Do you want to feel more confident and at ease when speaking in front of an audience? Imagine stepping onto a stage or addressing a room, fully grounded in your abilities, with a clear voice and a strong presence.

In this workshop, we'll unlock the secrets to building a confident and authentic public presence. Through engaging activities, you'll discover practical tools and techniques to enhance your posture, voice, and movement, helping you connect with your audience effortlessly.

You'll have the chance to explore:

- How to align your body and mind to feel grounded and self-assured.
- Simple yet effective techniques to prepare for any speaking situation.
- Tips for enhancing your presence and letting your voice carry your message with clarity and confidence.

If you'd like, you can even be filmed during a short presentation. This provides a unique opportunity to observe your body language, celebrate your strengths, and identify areas for growth—all in a supportive environment.

By the end of the workshop, you'll walk away with tools to speak naturally and confidently, allowing you to focus fully on your content and connect with your audience.

Wear clothes in which you feel comfortable and can move well.