

Training

Workshop

Performing under Pressure

Workshop by **FRANCESCA CARLIN**, Berlin

Date: Monday, **1.02.2021** (9:00 – 16:00)
including lunch break and short coffee breaks

Location: Online Workshop

Registration: https://doodle.com/poll/darf3a4gdai9gen9?utm_source=poll&utm_medium=link
please answer as soon as possible

The workshop will be organized in cooperation with the CRC 1381 from the Medical Center Freiburg

Performing under Pressure

Lessons from the theatre for the successful woman in academia

Academia is a high-pressure environment. Managing deadlines, high expectations, rigorous standards while maintaining a level of productivity, originality and professionalism can be extremely challenging for an academic.

In addition, women are faced with a unique set of circumstances: gender barriers and biases that we encounter in others or even ourselves.

As women we are often given a role that we perform in our personal and professional lives that we are not even aware of, and this role may affect the way we see and assess ourselves. Research has shown that, although both sexes suffer from imposter syndrome, women are more likely than men to be adversely affected by it.

Using unique techniques and exercises from the theatre and self-development, this one-day workshop offers women a chance to explore, define and redefine their role in their professional life as well as address the issue of imposter syndrome and learn tools to become more pressure proof.



<https://www.francescacarlin.com>

FRANCESCA CARLIN is an American communication trainer and personal coach. For over a decade she has helped professionals improve their public speaking, develop their presence, and apply the practice of mindful communication. She has worked in Russia and the U.S. and is currently working in Germany, Austria, and Switzerland.

Francesca is a trained actress and studied theatre at Boston and Harvard University. Over the years she has found that using acting techniques and exercises helps people to overcome personal barriers and to become more effective communicators. With her background in the performing arts, she has created a unique approach to her workshops and trainings, in which she incorporates and implements the best practices from both the world of communication skills development and theater.