

Training

Workshop

Nonverbal communication

Workshop by **ERIKA MAGYAROSI, Tübingen**

Date: Saturday, **19.10.2019 9:30 – 17:30** (in English)

Location: University of Freiburg, Faculty of Engineering,
Georges-Köhler-Allee 101, 79110 Freiburg
building 101, seminar room 01-016, first floor

Registration: <https://doodle.com/poll/fzs755xxw33c6g22>
please register via doodle

Nonverbal communication

Body language speaks louder than words!

In a nonverbal way we always give unconscious information about ourselves through countenance and gestures and the way we talk and present ourselves. Therefore, our body language often is more direct and genuine than our consciously controlled verbal language.

The aim of this seminar is it to develop awareness of your own nonverbal communication and to learn to read and interpret the body's signals of your communication partner.

Several practical exercises will help you to interpret the (almost) universal language of the body and to communicate more efficiently through it.

- Verbal and nonverbal communication
- Congruent and incongruent messages
- Subsystems of body language
- Posture
- Gait
- Sitting posture
- Gestures
- Countenance
- Body language at presentations and job interviews



Dipl. -Phil. ERIKA MAGYAROSI M.A., born in 1980, studied Sociology and Philosophy at the University of Tübingen and at the University Babes-Bolyai in Romania. She works since 2009 as a trainer and lecturer not just for several universities, boroughs, cities and further public institutions, but also in the fields of business-economy and politics. Her main topics are: Time-, Stress- and Project – Management, Memorizing Techniques, Speed Reading, Rhetoric, Scientific Presentations, Communication and Intercultural Competence. Before her career as a lecturer and trainer she worked as a PR Referent and as a translator and gathered professional experience in the field of project management. Since September 2016 Erika Magyarosi has been also the head of the Summer Academy of “Talent im Land” at the Salem International College (event supported by the Robert Bosch Stiftung, Baden-Württemberg Foundation and the Bavarian Ministry of Culture). www.wissenspuls.de