

Training

Workshop

The Power of Presence

Workshop by **FRANCESCA CARLIN**, Freiburg

- Date:** **POSTPONED** later because of Corona
Initial date: Friday, **17.4.2020** (9:00 – 17:00)
Date will be announced later according to the Corona rules
- Location:** University of Freiburg, Faculty of Engineering,
Georges-Köhler-Allee 078, 79110 Freiburg
seminar room building 078
- Registration:** <https://doodle.com/poll/ac78zx8k8ck2t2kk>
please answer as soon as possible

The Power of Presence

Make yourself heard!

This workshop is designed to help academic professionals align their body language with their purpose and intentions in the present moment in order to create an effective and powerful presence.

We all know how important communicating effectively in English has become, in particular for academics. English is now the lingua franca in the global academic setting. Yet academic professionals, who are confident in their skills in their native language, often feel at a loss when it comes to presenting their ideas and themselves in English. In an environment where it is becoming ever more important to convey trustworthiness, competence, and authenticity, presence training has become an essential tool in professional development.

This one-day workshop is designed to reach the target aims through meaningful practice, individual and group activities, theater exercises, other exercises informed by Amy Cuddy's work on presence.

Covered Topics

Non-verbal communication:

- Body language
- Power poses
- Gestures

Presence and Power:

- Factors that make up presence
- Emotional intelligence (EQ)
- Being present in the moment (Awareness)
- Creation of authentic individual presence

Presenting:

- Practice and assessment

Voice and Speech (Verbal delivery):

- Rhythm
- Pitch
- Enunciation and Pronunciation
- Fillers
- Uses of pauses and silence

Stage fright:

- Triggers
- Transforming the inner critic
- Techniques to overcome stage fright

Prerequisites: In order to apply the principles taught in a pragmatic way, all participants are required to be ready to speak in front of the group and have a short self-introduction prepared



<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.