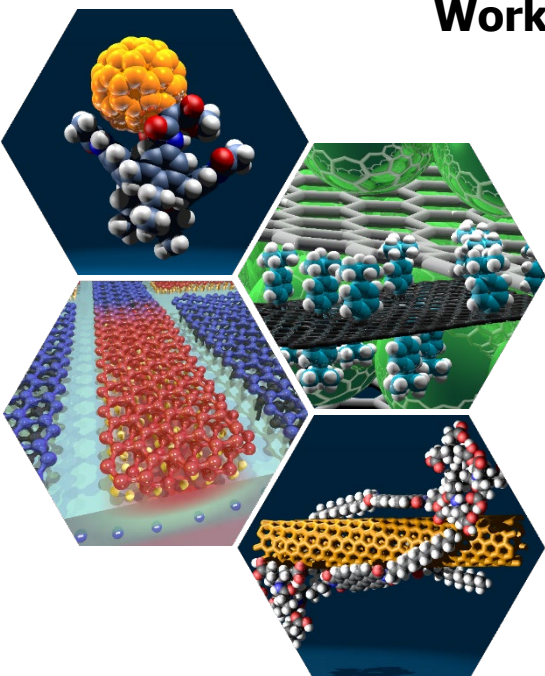


## Workshop: Self-Presentation



The workshop focusses on communication skills and the value of natural self-presentation. Whenever we speak (or even when we do not), we communicate with other people. As young scientists, you face many situations, where you have to present yourself, i.e. during presentations, poster sessions or in various network situations like the dreaded small talk. The main goal should be to be remembered as a natural, self-confident person. Thus being said, for those not gifted with a natural extroverted personality, this is not easy to achieve.

In the workshop we will work on different aspects of communication like body language, voice, conducting talks using role playing, differences between women and men and - if possible and wanted - video feedback to analyse patterns and habits. We will concentrate on individual strengths and personalities and find adequate input for every participant. Typical networking situations will be set up (or other prepared situations, upon requests by the participants).

Last but not least: Communication and presentation training is hard work, but it also promises a lot of fun!

**18<sup>th</sup> May 2020**

**9:00 am – 17:00 pm**

**Palmeria, Palmsanlage 3  
Rooms: Bamberg & Nürnberg**

### Coaches

Julia Baumeister is a certified opera singer, singing teacher, and state-certified speech therapist. After graduating from the Hanns Eisler Academy of Music, she worked as a freelance singer on the opera stage and concert podium for several years before successfully completing her training as a speech therapist at the Charité Berlin. During the course of further training, she has expanded her specialist knowledge in pedagogy and psychology, concentration and communication training, and voice training methods. She has been working as a speech therapist with a focus on voice therapy since 2012. At Scienza she conduct workshops and seminars that combine communication and self-presentation in a number of ways. Networking is one of her focal points, since coherent and authentic self-representation combined with professional communication plays a decisive role in building sustainable relationships.

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