

Voice and Body Coaching: Communicating with Confidence and Accuracy

Objective

To learn how to effectively non-verbally communicate and to be aware of own voice and body impact.

Description

Integral to voice and body training is the central idea that physical and vocal dynamics are connected to the speaker's motivation and to the importance of the information being communicated. The trainer identifies the verbal challenges of each speaker, giving attention to breath, articulation, intonation, volume, modulation and tempo. Coaching is given to improve non-verbal aspects such as gesture, positioning, distance, eye contact and relationship with media.

Participants monitor their improvement and implement feedback with active role-play exercises which they present in various scenarios such as academic presentation to a large and small audience, informal meetings, interviews and teaching situations.

The workshop contents are among others:

- Intensive exercises to identify vocal and physical inhibitions
- Strengthen and release tension in the voice and body
- Identify the dynamics between the voice and body by connecting the upper and lower hemispheres of the body
- Explore a dynamic use of space and how to construct an architecture of ideas in the space
- Make conscious vocal choices in the delivery of the presentation to communicate each idea with clarity and precision

Methodology

- Physical and vocal exercises
- Group coaching with individual support
- Role-play activities

Trainer



Ric Oquita

Impulsplus, Köln

- Specialised in interpersonal communication skills
- B.A. and M.A. in Theatre Arts, University of Southern California and Cornell University
- Several administrative positions as a project leader, associate producer and education director

Organisational Information

Language	English
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Monday, 29 May 2017, 9:00 – 17:00
Registration	For registration click here