

## Speaking with Confidence and Impact

### Objective

This workshop is for anyone who wants to improve his/her experience of speaking to groups – whether you want to have more impact, or simply be able to relax more when presenting, teaching, taking part in meetings or academic social situations. Perhaps you already feel comfortable presenting and you'd like to be more authentic or have more professional impact when you speak. Or perhaps you experience some form of anxiety around speaking to a group and you'd like to trust more in your ability to get your message across.

### Description

We'll be looking at how to

- discover what takes place within us when we stand before a group
- develop our ability to use eye-contact to engage with individuals and the group
- allow ourselves to relax into the role of speaker/presenter and strengthen our professional presence
- develop our ability to remain open and flexible in the speaker/presenter role
- practice delivering our presentations in a more confident and connected way

Without seeking to eliminate 'nerves' (we couldn't even if we wanted to), we'll look at new ways of managing them.

- What are we actually dealing with?
- How can we experience public speaking as energizing and even enjoyable?

### Methodology

We learn to speak with confidence through practice – this is therefore primarily an experiential workshop.

Participants take part in practical exercises and are given space and time to reflect on their experience.

There is also some input from the trainer, time for group discussion, and one or two games mixed in.

### Trainer



**Millie Baker**

The Speaking Adventure,  
London

Millie Baker studied English and German philology and received her Master of Arts degree from the University of Heidelberg. Originally from London, she has been working in Germany since 1999 as a trainer and coach for academic communication skills. In 2012 Millie Baker founded the company Presence Training, and is now director of The Speaking Adventure, which offers workshops and coaching in authentic public speaking.

### Organizational Information

Language	English
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Tuesday, 31 July 2018, 9:00 – 16:00
Registration	<a href="#">For registration click here</a>