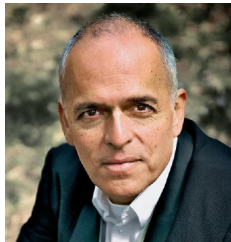


## Trainer



**Ric Oquita**  
Impulsplus, Köln

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

## Vocal Training for the Virtual Stage: Communicating with Confidence and Accuracy

### Objective

A trainer with a professional theatre background will work with participants to optimize their verbal and non-verbal skills presenting in a virtual setting.

### 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 optimize non-verbal communication for the camera including gesture, use of space, and eye contact.

### Contents:

- Optimize delivery for the camera and microphone
- Intensive exercises to identify vocal and physical inhibitions
- Strengthen and release tension in the voice and body
- Identify dynamics and presence in front of the camera
- Make conscious vocal choices in the delivery of the presentation to communicate each idea with clarity and precision
- Use non-verbals to make points and to underline key ideas with fluid gestures

### Methodology

The online workshop is designed to be interactive and tailored to the participants needs.

Participants will meet in the **morning of each workshop day from 9:00 -12:30 o'clock for a plenary session** to train vocal and non-verbal communication techniques, using free-speaking exercises as a method to integrate learned skills.

Participants will then be clustered by the trainer in **small groups for intensive 75 minute coaching in the afternoon sessions between 13:30 and 17:00 o'clock**. Participants monitor their improvement and implement feedback with coaching given during a short impromptu or prepared talk. You will receive further information concerning your individual schedule of the afternoon sessions two weeks before the workshop.

- Vocal and physical exercises
- Group coaching with individual support
- Impromptu speaking

### Organizational Information

Language	English
Target group	Doctoral Candidates at all stages and Postdocs from all faculties
Date	Wednesday, 31 May 2022, 9:00 – 17:00 Tuesday, 7 June 2022, 9:00 – 17:00 Workshop: 9:00 – 12:30 Coaching in small groups between 13:30 – 17:00 Appointments for the coaching will be scheduled 2 weeks before the workshop by the trainer.
Registration	<a href="#">For registration click here</a>