

# Voice and body coaching

Communicating with confidence and accuracy

TARGET GROUP	Doctoral Researchers, Postdocs	
TARGET	<p>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. Trainers with professional theatre backgrounds identify 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.</p> <p>Participants monitor their improvement and implement feedback with active role-play exercises in which they present in various scenarios such as academic presentation to a large and small audience, informal meetings, interviews and teaching situations.</p>	
TOPICS	<p>Contents include:</p> <ul style="list-style-type: none"> <li>• Intensive exercises to identify vocal and physical inhibitions and to strengthen and release tension in the voice and body</li> <li>• Training to identify the dynamics between the voice and body by connecting the upper and lower hemispheres of the body</li> <li>• Coaching to support making conscious vocal choices in the delivery of the presentation in order to communicate each idea with clarity and precision</li> <li>• Using eye contact to make points and to underline key ideas with fluid gestures</li> <li>• Exploring a dynamic use of space and how to construct an architecture of ideas in the space</li> <li>• Adopting strategies to use the potential of the technical equipment and physical objects</li> </ul>	
TRAINER	Ric Oquita, ImpulsPlus, Köln	
VENUE	Max-Planck-Gesellschaft – Generalverwaltung, Hofgartenstraße 8, 80539 München <a href="http://www.mpg.de">www.mpg.de</a>	
FEE	The Administrative Headquarter will cover the fees for the speaker. The institute needs to cover your travel expenses. Please note: Permission from your supervisor must be obtained before applying.	
NOTES	Registration for this seminar starts 01.09.2019! Terms and conditions for the participation are included at the end of the brochure.	
MAXIMUM NUMBER OF PEOPLE	12	
REGISTRATION AND CANCELLATION	Angelika Molkenthin	<a href="mailto:angelika.molkenthin@gv.mpg.de">angelika.molkenthin@gv.mpg.de</a>

V-NR.	TERMIN VON	UHRZEIT	BIS	UHRZEIT	VERANSTALTUNGSORT
1158	21.11.2019	09:00	22.11.2019	17:00	München