
Early Career Researcher Support Programme

Transferable Skills Course

[Gender Awareness]

Confident Performance – Presentation Skills for Female Scientists

Dr. Saskia Schottelius

Kommunikation & Kampfkunst
<http://www.saskia-schottelius.de/>

9 – 10 November 2020

Objectives

Mindful and effective self-presenting in the way of showing your strength confidently and authentically at the right moment is an art - and a professional competence that can be learned. Whether you are at conferences, in front of an academic committee, making a presentation or promoting a research project... the way you think about yourself and how you come across to others will deeply influence your success.

In this interactive workshop, the participants will learn about essential speech communication techniques and get the opportunity to practice speeches. Furthermore, it provides insights into the use of positive language and the practise of successful self-expression. After an overview of classical rhetoric, speech structure and feedback culture you will be able to practice and improve your presence and personal performance in an academic setting. You will learn to promote yourself and your scientific work with confidence and joy as well as to develop strategies for making a lasting and positive impact on contact persons, audiences and in the doctoral defence.

Elements of the workshop include

- Practice of clear and concise communication
- Positive language and perspective
- Body language, gender and status
- Rhetoric theory and input on speech structure
- Meditation and holistic bodywork
- Practice of self-presenting, statements and speeches

The trainer

Dr. phil. Saskia Schottelius M.A., born in 1963, studied German, Communications Research and General and Comparative Linguistics at the University of Bonn (Magister 1988, Promotion 1993). She is also a mental trainer and teacher of martial arts, meditation and philosophy.

She gives speeches and seminars on the subject of personality development and career training throughout Germany – especially for women in the academic field. In rhetoric- and resilience- trainings and publications she focusses on her concept of “awareness in language in motion” to integrate self-expression, mindfulness and bodywork.

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Format

The course will be given online via zoom. Participants need a laptop or desktop computer incl. video conferencing tools (webcam, speaker/headphone) and a good internet connection. Access to the online learning platform will be provided before the start of the course. **Participants are expected to turn on their cameras for the full duration of the course.** Please sign up only, if you agree to show yourself to the others. If you encounter technical problems, please contact us.

Schedule

Four interactive online live sessions from 10.00 to 13.00 and from 14.00 to 17.00 hrs on each of the 2 days (with short breaks in between).

Quality management

MARUM covers your fees for this course. In return, we expect you to participate in an online evaluation afterwards and provide some detailed feedback about the course and the trainer. **Please sign up only if you agree to this commitment.**

Registration

To register for this course, please visit the course web page:
<https://www.marum.de/en/education-career/2020-11-09.html>

Please note that your registration will be binding.

The registration deadline for this course is **2 November 2020**.

Any enquiries regarding the course should be addressed to early-career@marum.de.