

Expressing yourself through acting

Length:	3 days
Venue:	Your facilities/Online
Calendar:	TBA
Group size:	5 to 15 persons
Target audience:	Ph.D. students
Trainers:	Georges Pillegand-Le Rider, Laurence Moss

This training course provides an overview of all the mechanisms involved in public speaking, in a variety of contexts and territories. It focuses on speech preparation (outline, introduction, development, argumentation, conclusion, punchline), speaking (voice, body language, behavior) and listening. They enable you to find and try out the right attitude for any type of audience. They meet the essential needs for mastering and practicing professional speaking.

Each participant leaves with theatrical techniques to re-use, as well as (part of) a presentation ready for the audience and context of his or her choice.

Overall pedagogical objective

Develop fluency and self-confidence in public speaking for all types of audiences and contexts.

Specific pedagogical objectives

- Manage apprehension and stress when speaking
- Be able to improvise and react to your audience
- Adapt to your audience
- Master your non-verbal and para-verbal behavior (gestures, breathing, voice...)
- Structure your speech

Teaching method

We offer a participative training approach that allows everyone to express themselves and share their experiences.

Programme

- Movement and improvisation.
- Breathing and voice placement
- Understanding your audience
- Theatrical situation exercises in different contexts and for different audiences.
- Face your fears
- Finding your style
- Managing risk-taking and stress
- Practicing and presenting individual projects