



**CREATIVE
COMMUNICATIONS**

Grasweg 15, D-22299, Hamburg, Germany

T +49 (0)160 9653 3128

T +49 (0)40 4677 3112

E creativeek@yahoo.com

W www.creativecommunicationsek.com

WOMEN'S CAREER DAY 2022

Vocal Power and Physical Presence for Female Scientists
with Elena Kaufman

When: 3 + 4 November 2022 at 9:30 am - 2 pm

Where: CFEL, building 99, SR V

Outline: Where should I stand? How can I project my voice? Am I communicating my message in the best possible way? How do I come across as a speaker? These are common concerns when giving presentations or talks in any field. This workshop will focus on strengthening vocal power through exercises on projection, enunciation, variation, and breath control. Relaxation techniques, physical grounding, posture awareness and gestures will hone in on your physical presence. Students will leave with a toolbox of exercises and clear goals for continued improvement.

Brief schedule:

Day one Vocal focus. Common speaking fears, fears + weaknesses, imposter syndrome, calming nerves with breath control, warmup, speed/variety/projection, recording session + feedback, tips to protect your voice at a conference

Day two Physical focus. Your presence in the room, fears + weaknesses, your avatar, making an entrance + exit, gestures + spatial awareness, eye contact + focus, spontaneous speaking, 2-min prepared talk + feedback.

The trainer: Elena Kaufman is the founder of Creative Communications EK where she trains academics in the soft skills of presentations, job talks, and interviews. She worked as a lecturer at the Institut für Anglistik und Amerikanistik - Universität Hamburg, and the Sprachenzentrum der Universität Hamburg and now coaches in companies and institutes Europe-wide. She also runs theatre improv courses for scientists and is a trained stage actor and director from Vancouver, Canada.

www.creativecommunicationsek.com

www.linkedin.com/in/cc-ek