



organises two online
Workshops for Women's Empowerment



Programme

1 July 2024, 13:30–18:00 - “A strong performance”

Convincing self-presentation in talks, meetings and interviews

- Short theoretical inputs on relevant aspects
- Two presentations/role plays by each participant
- Differentiated feedback from the trainer and the other participants
- Video recordings of the two performances, which will be sent to you after the course
- Intensive work on body language, voice, breathing, eye contact
- Improving self-awareness and self-control during the performance
- Dealing with stage fright before and during the performance
- Identifying and transforming obstructive self-beliefs

2 July 2024, 13:30–18:00 - “Assertiveness training for women”

Pursue your goals and set your boundaries

- Setting boundaries, e.g. interrupting and saying no
- Acting instead of reacting as a proactive attitude
- Exercises on self-confident communication
- Identifying and changing weakening self-beliefs
- Introduction to Marshall Rosenberg's communication model
- Status model according to Keith Johnstone

Both workshops will take place online via Zoom: invitation will be submitted after registration

Monday, 1 July 2024

“A strong performance”

Tuesday, 2 July 2024

“Assertiveness training for women”



with Sabine Mariss
from
[Mariss Coaching](#)

Registration is open to women researchers in DETECT
and FORLand

Please register by

23 June 2024 at:

https://terminplaner4.dfn.de/mN_bajV9IBjVkWwp7