

Workshop 3: Public Speaking and Body Language

Date: Wed, 25 March 2026, 09:00–16:00 h (with breaks)

Trainer: Henrike Tönnies

Room: will be announced

Capacity: max. 12 participants

Description

Beyond dry theory, this workshop takes you on a journey of discovery through the world of rhetoric and performance. You will gain an insight into various methods and techniques that will optimise your speaking skills and boost your self-confidence, even in exam-like situations or in front of a large audience.

You will learn how to present yourself confidently, captivate the audience and present your arguments effectively through role-plays and scenic simulations. You will acquire valuable skills to master difficult questions with confidence, respond in a targeted manner and defend your research work impressively. You will also discover how the targeted use of non-verbal communication can enhance your presentations.

Topics at a glance:

- Techniques to improve rhetoric and performance
- Practical tips and exercises to boost self-confidence and deal with nervousness
- Strategies for dealing with challenging questions and effectively defending your own work
- Strengthening non-verbal communication and body language
- Methods for coping with and avoiding stress

Methods

The learning process is made tangible and exciting through a varied mix of short lectures, discussion rounds and a variety of practical exercises.

Trainer

Henrike Tönnies (M.A.) studied English and Comparative Literature at the Ruhr University Bochum. She is a state-certified theatre pedagogue (Federal Association of Theatre Pedagogy), teaches English and works regularly as a speaker for various sound production formats. She is a communication trainer specialising in performance enhancement, presentation techniques and body language training. She has worked as a trainer at various universities and universities of applied sciences and has worked in the private sector.