

## Authentic self-appearance by natural body language

Our body presents ourselves. Our body reacts to our thoughts and attitudes and thereby makes our moods and personality visible to others. To know about these “hidden” messages is a key factor in all interpersonal communication.

If we (subconsciously) disturb the natural functioning of our body, this leads to a decrease in personal presence. In this workshop we learn to use our body according to its natural anatomy. By means of the Alexander technique – a study of natural movement, commonly applied by actors, dancers and singers – we make the connection between our thoughts and the reaction in our bodies visible. We learn to return to our natural body expression which leads to a relaxed, authentic self-appearance.

We will work with your situations: How can your body support your message when you present your scientific results, have an important job interview or are involved in a difficult discussion?

### THE TRAINER

Nina Winter studied Biochemistry at RUB from 2002-2007 and obtained her PhD in quantum chemistry in 2012. From 2012 to 2014 she worked as the managing director of the Horst Görtz Institute for IT security at RUB until she changed to the cluster of excellence RESOLV where she works as a science manager until today. In 2013 she started a 4-years training to become a teacher of the Alexander technique. She is teaching the Alexander technique in individual lessons since 2015.