

## How to deal with stage fright

### – Developing an authentic, relaxed and self-confident presentation style

Everyone knows it – the acceleration of the heartbeat, damp hands and dry throat before presenting an important talk in front of a large audience. So far, so normal. But does it have to be that way? Isn't there an easier way to bring your message across – a way to present your talk which is more relaxed, convinces the audience and points out your scientific message clearly?

In this workshop you will get the opportunity to dive under the surface of your stage fright. We will find ways to see your presentation in a new light and to handle difficult situations and questions by developing simple instructions to deal with your physical and emotional reactions. You will learn how to support your scientific content by authentic body language as this workshop will introduce basic principles of the Alexander technique – a study of natural movement, commonly applied by actors, dancers and singers.

#### 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 Nina started a 4-years training to become a teacher of the Alexander technique. She is teaching the Alexander technique in individual lessons since 2015.

Her passion: Finding ways to put sophisticated, abstract concepts into practice.