

[ARTIKULATION]

The one day intensive course in presentation skills and public speaking was conducted on the 19th of November at Valpré, Lyon, France.

14 Ph.D and Post docs attended from the morning. In the afternoon four professors and members of the senior staff joined the course. The course was developed on the basis of a written offer to TriForC and the replies from the participants to a questionnaire regarding the course.

The course was developed and conducted by communication advisor, Master of Communication and assistant professor at Roskilde University, Annette Bjerre Ryhede. (www.artikulation.dk).

The course was conducted with a focus on practise, where all participants were guided into applying the theory, they were presented with throughout the course, to their own communication, presentation technique and practise.

The participants developed their understanding of and awareness of, what to them is a beneficial way to do presentations and public speaking.

The participants highlighted the following skills:

- high in content
- passion from the speaker
- humour
- The ability to make you question
- Good use of PowerPoint which uses mostly images, that you can read and understand within some seconds
- Interaction with the audience
- Good use of language
- Steady voice - contact with the audience
- Clear messages

The participants had the following needs, wishes and demands for the content and the exercises of the course:

- How to handle nervousness and stress
- How to be feel more confident and relaxed
- How to show more enthusiasm and believe more in what I can do
- How to prepare a well structured presentation & slide structure
- How to explain the difficult parts of your research to others
- How to interaction with the audience and handle questions
- How to organize the presentation and organize thoughts to make the message clear
- Body presence and body language
- Fluency in how to connect ideas
- How I maintain the same tempo through the presentation and maintain the time limit
- How to make the PowerPoint faster
- How to talk in a more relaxed way

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- How to be less afraid of making mistakes
- I need to practise talking
- How to articulate and speak out loud
- How to be more entertaining

The course covered all of these elements in theory and practise.

The participants we're very satisfied with the course and all developed their skills, knowledge and understanding throughout the course.

The participants describes their most important outcome of the course as:

- Understanding and learning how to breathe properly in order to be able to speak louder and minimize nervousness
- How to work on your mindset: Knowing that it is not easy for anybody has made a huge difference! Knowing that it is normal to be nervous and stressed, and that it is also a good thing. And the effect of focusing on enjoying presenting and not worrying.
- The effect of boosting self-belief: I believe if we believe we can do it, we can do anything.
- The importance of focusing on 3 main points throughout a presentation, in order to develop focus and clarity for oneself and the audience.
- How to develop body presence and working with our body language, and seeing how much of a difference it makes.
- Being trained in explaining things in one minute and experiencing that it is possible.
- Being trained in narrowing down and presenting what is most important.
- How important it is to practise before.
- It was very beneficial to be guided through the process and the tools and exercises for finding, organizing and forming our material. I