

Transferable Skills Course [Gender Awareness]

The Art of Self-Presenting for Female Scientists. Effective Language and Awareness in Motion.

Dr. Saskia Schottelius

Kommunikation und fernöstliche Bewegungskunst
<http://www.saskia-schottelius.de/>

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Objectives

Effective self-presenting in the way of showing your strength confidently and authentically at the right moment is an art - and a professional competence that can be learned. Whether you are at conferences, in front of an academic committee, making a presentation or promoting a research project... the way you think about yourself and how you come across to others will deeply influence your success.

This course highlights essential speech communication techniques for academics. It provides insights into the use of positive language and the practise of successful self-expression. The aim is to develop strategies to make a lasting and positive impact on contact persons, audiences, or in, e.g., the doctoral defence.

Topics

Starting with the concept of positive language and self-expression, we will move on to the “Queen-concept” of grace and flow – supported by mental training and bodywork like “meditation in movement”.

After an overview of classical Rhetoric and speech structure, you will be able to improve your presence and self-expression in an academic setting/ context and effectively promote yourself with confidence and joy.

- I. **Be what you are!** Positive self-perception and presentation: perspective & language.
- II. **Empower yourself!** Establish a clear & convincing appearance in body & language: Queen-concept, status, gender; positive performance – make confidence and competence visible.
- III. **Serenity is the key!** Managing resources. Awareness in motion: Meditation & Qigong. Authentic movements, breath, voice and more.

Methods

Theory-input, group-work, role-play scenarios, exercised based learning, practising self-presentation, giving and receiving feedback, coaching techniques.

The trainer

Dr.phil. Saskia Schottelius, born in 1963, studied German, Communications Research and General and Comparative Linguistics at the University of Bonn (M.A. 1988, PhD 1993). She is a mental trainer (1993) and teacher of martial arts, meditation and philosophy (since 1995). She gives courses and seminars on the subject of personality development and career training for women throughout Germany and promotes the dissemination of modern martial arts philosophy and the theory of communication awareness in her trainings and publications.

Location and Time

MARUM, University of Bremen, Leobener Str. 8, 28359 Bremen, Germany
MARUM I (main) building, room 2060

09.00 – 17.00 hrs.

Registration

To register for this course, please visit the [course webpage](#).

Please note that your registration will be binding.

The registration deadline for this course is **26 March 2019**.

Any enquiries regarding the course should be addressed to early-career@marum.de.