

Master Public Speaking and Stage Presence: Theater-Based Coaching for Conferences

🎯 Objective

Do you want to captivate your audience, explain complex ideas with ease, and leave a lasting impression at conferences, seminars or academic gatherings?

This interactive workshop will equip you with essential public speaking and presentation skills, using dynamic techniques inspired by theatre and coaching.

📖 Description

Public speaking is a critical skill across all disciplines. Let this workshop be your stepping-stone to professional success and recognition:

- **Self-discovery:** Experience the power of body language, voice, and emotional intelligence through engaging acting exercises and coaching tools designed to help connect authentically with your audience.
- **Confidence & Charisma:** Gain control over your body language, voice tone, and presence to deliver impactful messages.
- **Connection & Clarity:** Learn to engage your audience with metaphors, lively speaking and humor while simplifying complex concepts.
- **Practical Application:** Tailor your communication to connect with diverse audiences, such as at academic gatherings, departmental seminars or conferences.

🎭 Methodology

- Smart use of body language, mimicry, and vocal techniques to engage and inspire
- Exercises to boost confidence, presence and refine your delivery for memorable presentations
- Storytelling framework from theatre to optimize your key messages and make them resonate

📍 Conditions

- You need to bring along a concrete topic to work with and improve, as the practical application of tips, tricks, and techniques to **your own presentation** is at the heart of the workshop process.
- To ensure a seamless learning experience, it is mandatory to attend the workshop in full.

Trainer



Lenka Wolf, M.A.

Co-active Coaching and theater-based training

- Certified Co-Active® Coach, trainer, cultural anthropologist and theatre pedagogue with more than 20 years of experience in adult education, soft skills training, and the performing arts
- Background as a theatre director and entrepreneur who ran two theatre schools for children and young people for 10 years
- Specialized in using role flexibility, communication models and acting techniques to support personal and professional growth in academia and international corporations
- Coaching certification from the Co-Active Training Institute and a Diploma in Translation (German, Spanish, French) from the University of Leipzig

Organizational Information

Language / Format	English / On campus
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Tuesday-Wednesday, 28-29 April 2026, 9:00 – 16:00
Registration	Click here for registration