

Voice and Body Coaching – Communicating with Confidence and Accuracy

Objective

To learn how to communicate effectively vocally and non-verbally and to be aware of own voice and body impact.

Description

Integral to voice and body training is the idea that physical and vocal dynamics are connected to the speaker's motivation and to the importance of the information being communicated. The trainer identifies the verbal challenges of each speaker, giving attention to breath, articulation, intonation, volume, modulation and tempo. Coaching is given to improve non-verbal aspects such as gesture, positioning, distance, eye contact and relationship with media.

A vocal therapist is present throughout the course to work with participants alongside the trainer to address individual issues such as throat tension, jaw tension and shallow breathing. The vocal therapist will work with participants individually in short sessions in tandem with the group sessions over the two-day workshop.

Participants monitor their improvement and implement feedback with active role-play exercises in which they present a 3-minute overview of their topic in various settings such as academic presentation to a large and small audience, informal meetings, interviews and teaching situations.

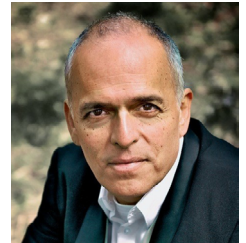
The workshop contents are among others:

- Intensive exercises to identify vocal and physical inhibitions
- Strengthen and release tension in the voice and body
- Identify the dynamics between the voice and body by connecting the upper and lower hemispheres of the body
- Explore a dynamic use of space and how to construct an architecture of ideas in this space
- Make conscious vocal choices in the delivery of the presentation to communicate every idea with clarity and precision

Methodology

- Physical and vocal exercises
- Group coaching with individual support
- Individual coaching with a vocal therapist
- Role-play activities

Trainers



Ric Oquita

Impulsplus, Köln

- Specialized in interpersonal communication skills
- B.F.A. and M.F.A. in Theatre Arts, University of Southern California and Cornell University
- Several administrative positions as a project leader, associate producer and education director



Hannah Walz

Speech and Language
Therapist, Mannheim

- State certified in Speech-Language Pathology
- Specialized in auditory perception and assessment of voice disorders including the application of diagnostic procedures
- Experienced in preventive counseling and therapeutic interpersonal work

Organizational Information

Language / Format	English / On campus
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Monday-Tuesday, 11-12 May 2026, 9:00 – 17:00
Registration	Click here for registration