

Speaking with Confidence and Impact

Objective

This workshop is for those who want to take their public speaking skills to the next level. You may want to have more impact, or simply be able to relax more when presenting, teaching, or socializing in an academic context. Perhaps you already feel quite competent and you'd like to be more authentic or professional when you speak. Or perhaps you experience some anxiety, and you'd like to build more trust and confidence.

Description

- Discover what happens within us when we stand before a group
- Develop your ability to use eye contact to engage with individuals and the group
- Allow yourself to relax into the role of speaker / presenter and strengthen your professional presence
- Develop your ability to remain open and flexible in the speaker / presenter role
- Practice delivering your presentations in a more confident and connected way
- Experience public speaking as energizing and even enjoyable

Methodology

We learn to speak with confidence through practice – so this is a highly experiential workshop. Participants take part in practical exercises and are given space and time to reflect on their experiences.

There is also input from the trainer, time for group discussion, and a few games mixed in.

There is an option to be filmed in some exercises – these recordings are for private use only and will not be viewed in the group.

Trainer



Millie Baker

The Speaking Adventure,
London

Millie Baker studied English and German philology and received her Master of Arts degree from the University of Heidelberg.

Millie is based in London and has been working in Europe since 1999 as a trainer and coach in academic communication.

In 2016 Millie started THE SPEAKING ADVENTURE, a training company offering workshops and coaching in authentic public speaking. Millie is also certified in Focusing and Hakomi, giving 1-1 sessions in mindful, embodied enquiry.

Organizational Information

Language / Format	English / On campus
Target group	Doctoral Candidates at all stages and Postdocs (R2/R3) from all faculties
Date	Thursday-Friday, 10-11 December 2026, 9:00 – 16:00
Registration	For registration click here