

**nccr —→
on the move**

National Center of Competence in Research –
The Migration-Mobility Nexus

nccr-onthemove.ch

unine
Université de Neuchâtel

Public Speaking Workshop

19 September 2023

10:00 – 16:00

University of Neuchâtel

Register [here](#) by 15 September



**Swiss National
Science Foundation**

The National Centres of Competence in Research (NCCRs)
are a funding scheme of the Swiss National Science Foundation

This course is a valuable component of the nccr – on the move’s Doctoral Program’s third pillar. We welcome all members of the NCCR community and doctoral students enrolled in a CUSO program to join us. For the doctoral students enrolled in the Certificate in Migration and Mobility Studies, the participation in this course is worth 1 ECTS.

General Description

Do you find speaking in front of an audience a terrifying prospect? Do you rise to the challenge but deliver through gritted teeth? Or do you enjoy every moment and shine like a Hollywood star? Rest assured even the most accomplished public speakers suffer from anxiety and nerves before stepping up to the podium and a few simple exercises and techniques can alleviate these issues. This workshop focuses on the use of an individual’s main presentation tools – the voice and body – in the most efficient way possible to communicate and present yourself in an effective, engaging and dynamic way.

This workshop consists of a 5-hour session (with a lunch break).

Participants will cultivate the ability to reach the person farthest from them. This involves developing and projecting physical expression as well as speech. To do this, there will be voice and gentle physical exercises as well as individual, pair and group work to help participants be aware of their “instrument” and to strengthen their confidence in its use.

Techniques addressing issues related to authentic delivery, relaxation, precise enunciation, breathing, physicality, movement and presence are just some of the elements of the course.

Test analysis will also be used to discover ways that seemingly unengaging material can be brought to life through physical and vocal expression.

There will also be an opportunity for self and peer appraisal, where participants can consider their own physical and vocal qualities and consider feedback in order to evolve their own, more effective public speaking approach.

Aims

By the end of the workshop participants will:

- have a better awareness and improved control of personal communication and public speaking skills;
- know how to keep an audience's attention;
- have an increased ability to perceive and read other people's body language;
- know how to promote themselves in a more positive way;
- have a higher level of self-confidence when speaking in public;
- have acquired body language skills that will improve their presence and charisma.

Practical Information

The Course takes place in presence (no online participation) on **Tuesday 19 September 2023 from 10:00 to 16:00** at the University of Neuchâtel, Av. Abram-Louis Breguet 2, 2000 Neuchâtel, room 2.310. Please register through [this link](#) no later than 10 September 2023. Applications by members of the nccr – on the move will be prioritized, and registrations will be treated on a first come first served basis. Lunch is included for all the participants, and travel expenses to and from Neuchâtel will be reimbursed for members of the nccr – on the move. If you have further questions, please contact Robin Stünzi via email at robin.stunzi@nccr-onthemove.ch.

About the Speaker

Jonathan Fitchett is a teacher, teacher trainer and lecturer in Academic English and literacy skills, recently working for the EUI in Florence, Italy, the Hertie School Berlin and the University of Kent, UK, where he is currently based.

Trained in acting and with a Master's degree in Performance and a PhD in the language of improvised drama, he has worked in and written for productions both on stage and screen. In his career he has combined his theatre and academic teaching experience to provide confidence training to students, teachers and healthcare professionals as well as incorporate drama techniques into his regular teaching.