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Workshop on self-presentation and public speaking

Trainer: Manuela Pliżga-Jonarska

Dates: 6th and 8th November 2023

Venue: Club Hall, main building of the University of Wrocław, ground floor, pl.Uniwersytecki 1

Monday, 6th November (9am-4 pm with lunch break)

Introduction

Training objectives

Training program

Rules

Icebreaking

Characteristics of a good and bad presentation

What is the presentation structure for?

Techniques and methods - an example of good and bad presentation

My best presentation - exercises for building an effective presentation

Behavior of the presenter during the presentation

Body language - exercise

Voice - exercise

Mindset - exercise

Preparation and knowledge of recipients

The purpose of the speech

Arousing interest among the audience

Key behaviors in contact with recipients

Techniques to direct attention to the presenter / participants

Wednesday, 8th November (9am-4pm with lunch break)

Self-presentation

How to dress?

What not to do?

My strengths and spaces for development

What can I improve in my style?

Difficult situations during the presentation

Examples of difficult situations

Techniques for answering difficult questions

Recording session

Individual recordings of presentations and discussion - an exercise in front of the camera

Individual questions and challenges

Summary