

The faculty's equal opportunities team offers the following workshop for all female* students:

“Making the own competence visible – presenting yourself in a Selfconfident and sovereign way”

In cooperation, argumentation, presentations and discussions- whether face to face, by telephone, email or video conference – all there it is about convincing contentwise, standing for the own points of view, and being at eye-level and in dialogue. Our way to speak has an impact: We can speak “by heart”, appearing factual and convincing, being centered in ourselves and related to the “other” person. Or uncertain, vague, and impossible to grasp.

In this workshop we will work on our inner (mental setting) and our outer attitude, on voice, language and semantics (e.g. choice of words, “emotionality” vs. “rationality”), and on our own space: Appreciation for oneself, presence, inner calmness and clarity, the perception of ourselves and the other person allow us a space for growth. For appearing confident and clear, to shape discussions in an active and responsible way; for being present with joy and poise, and to work constructively together.

We will work practically, you are invited to bring in your concerns.

participants: maximum 15

Trainer: Anna Heidrun Schmitt, communication trainer (DGSS e.V.) and coach, initiator and long-time leader of binational projects, trainer in participatory project management.

Meeting: Friday, April 26, 2024 from 11 a.m. to 6 p.m. in the room: FSR 2.5

Please register with Lioba Degenhardt (ldegenh@gwdg.de) by April 10, 2024.