

Make an Impact! Networking and Communication Skills for Women Scientists

Target group:

This workshop targets female PhD students and Post-doctoral fellows who wish to advance their career and networking prospects and making the most of their communication opportunities in a variety of contexts.

Objectives:

How can I *make an impact* in professional contexts such as small-talk situations at conferences? What can help me in situations where I face an international crowd and how can I connect to an interdisciplinary audience? The workshop **Make an Impact!** offers the opportunity to enhance overall effective communication (verbal and non-verbal) in order to improve networking and self-promotion opportunities. Special attention is given to gender aspects and particular challenges women face in communication contexts.

Description:

Throughout the workshop, participants will be guided through interactive exercises to improve their body language, as well as focus on the quality of their language content and structure of their ideas. The aim is to develop strategies to make a lasting and positive impact on audiences, potential employers and significant contact persons (networking). Trainer input will provide the opportunity to gain new insights in effective communication and learn how to present themselves more effectively and to make the best impression and strongest impact.

Contents:

- Effectively promoting oneself (verbal business cards)
- Small talk with a purpose
- Networking strategies
- Concise and effective introductions: make an impact!
- Body language focus
- Gender specific training

Methods:

- Theoretical sessions to highlight key aspects and strategies
- Role-play scenarios
- Hands-on exercises for practicing
- Both group and individual feedback
- Video-recording (for two-day workshops only!)

Trainer:

Julie Stearns is a professional trainer and coach (DGfC), as well as theater director and actress and university lecturer. She is a lecturer at the University of Duisburg-Essen and Folkwang University of Arts, and has been working for the Impulsplus team of qualified and dynamic trainers since 2011. She has over 20 years experience as a free-lance director and actress in schools, universities, theatres and organizations in America and Germany. As a trainer and coach, Julie focuses on providing hands-on experience for academics and professionals in order to improve their overall speaking and presentation skills, as well as improving fluency, accuracy and style of communication.

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