



Contribution ID: 40

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Physical Presence –Own the Room with Confidence

Saturday 20 September 2025 14:30 (1h 30m)

How do I come across as a speaker? How can I use my body to support my message? This workshop helps participants develop a confident and grounded physical presence by exploring posture, movement, gestures, and spatial awareness. We will address common fears and challenges—such as nervous energy or feeling “invisible”—and practice key elements like making a strong entrance and exit, using purposeful eye contact, and staying focused under pressure. A highlight of the session is a 2-minute spontaneous talk with individual feedback. Participants will leave with a practical set of tools and exercises to continue building their presence and impact as speakers.

Presenter: KAUFMAN, Elena

Session Classification: Workshops