

Invitation

Strategies to handle your stage fright

We cordially invite you to a workshop with Philipp Gründel, the owner of [BÜHNENREIF](#) in which you will learn how to deal with your stage fright.

When?	21.09. – 22.09.2022 9:00 am – 5 pm
Where?	IZNF (room: 00.156); Cauerstraße 3; 91058 Erlangen
Costs?	Your time
Registration?	Website: Registration until 08.09.2022

Learning goals

The participants know individual strategies and tools to temper their stage fright and make use of their nervousness in a profitable way. They are able to apply these strategies and tools in preparation of and during future presentations.

Use of methods

Self-reflection, partner work, group work, group talk.

The participants should have their laptop or a similar mobile device with them.

Schedule

Day 1

- Why your presentation stresses you out
- What does your inner team say?
- Reality check: Are your fears right?
- Empowering phrases
- Breathing exercises

Day 2

- Body language
- Bulletproof your entrance
- Positive objectives