



## PRESENTATION PANIC ~ DEALING WITH NERVES

Series of Presentation workshops for PhD students of Wageningen University

2019 - 2020

### Workshop Presentation Skills & Nervousness

*I'll forget what I want to say... My stomach is queasy, my palms are sweaty...The audience will be bored...Everyone will see my knees and hands shaking...My mind will be blank about the opening lines... My voice will wobble...I'll get asked loads of questions that I don't know the answer to...I'll start waffling and lose track of what I wanted to say..."*

Recognize any of this? Well, if you are like most people, then public speaking or presenting is one of your major fears. Yet these skills are often called upon in your study and career.

### Series of 3 workshops

In this practical workshop series, professional skills trainer Marloes Harkema will teach you strategies and techniques for better managing your nerves before and during presentations. The workshops also cover non-verbal communication, structure and interaction with the audience, to improve your presentation performance.

*Feedback Participants:*

*"Clear explanations. I now feel more confident about my own presentation skills."*

*"Knowing that everyone is nervous was such a relief."*

*"Comfortable, open atmosphere, nice to be able to make mistakes."*

*"Because of your calm attitude I also got more relaxed about it."*

- Especially designed for PhD students who experience stress, nervousness or are afraid for public speaking.
- For workshop dates, see: [www.marloesharkema.nl/agenda](http://www.marloesharkema.nl/agenda) Facebookpage 'Presentation Panic'
- Small groups: 5 – 8 PhD students
- Personal feedback and advice
- Start at your own starting point
- Learning by doing in a safe environment

## Workshop 1

### Theme: Dealing with nerves - theory and practice

This session an array of exercises and tips are presented that will help to prevent and decrease nervousness, during your preparation and on the day of the presentation itself. By looking at nerves from a biological, physical and psychological angle and by doing some simple presentation exercises, you can find out what works best for you.

## Workshop 2

### Theme: Non Verbal Communication

This session we address how your body language can counter feelings of nervousness, and we practice how you can use your non-verbal communication (posture, voice, gestures) to make your message come across clearly. Preparation: a 5 min presentation.

## Workshop 3

### Theme: Structure and Interaction

With exercises we investigate how you can build a strong structure that helps you not to lose track when speaking in public. Next, you learn how to engage the audience in your presentation and how to deal with questions in a confident way. Preparation: a 5 min presentation.

## Register & Costs

Course fee PhD students of Wageningen University: €150,- (excl. VAT)  
The course material is included in the course fee and will be distributed in class. Invoice will be sent in order to declare the costs in your training budget. Participants must attend all course sessions and give 2 presentations to receive a certificate. Training investment: 3 times a 3-hour workshop & a total of 8 hours of self study.

### Questions, remarks or registration?

[marloesharkema@gmail.com](mailto:marloesharkema@gmail.com)

Dates: [www.marloesharkema.nl/agenda](http://www.marloesharkema.nl/agenda)

## About the trainer

Marloes Harkema is an experienced skills trainer working for the WUR, NGOs and other organisations. She trains people in presentation skills, argumentation skills and personal development. She also facilitates seminars and interactive theatre performances. Having worked at the communication department of a food multinational for some years, she is well aware of the necessity of a strong presentation of yourself and your ideas.

*“There are two types of speakers: those that are nervous and those that are liars.”*

Mark Twain

*“If you are not comfortable with public speaking - and no one starts out comfortable - you have to learn how to be comfortable: practice. I cannot overstate the importance of practice.”*

Hillary Clinton

*“It’s ironic that I am the most afraid when I am being brave. Vulnerability = courage.”*

Brene Brown

## Contact



**Marloes Harkema**  
*Communication skills,  
training and advice.*

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Your ideas are worth speaking up!