

Perfecting Presentation Skills

Presented by Jerry A. Gardner, Ph.D.

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PROGRAM OUTLINE

This workshop will focus on improving presentation skills using experiential and didactic teaching methods. We will study the elements of acting to better understand how we communicate an awareness of self and others within a given space and context.

Students will participate in physical exercises to promote mental and physical relaxation; exercises in grounding; techniques to enhance awareness of self and others in space; breathing exercises to facilitate relaxation and to support voice and speech.

Learning objectives:

- Enhance presentation skills
- Understand the elements used by actors to command the stage
- Learn simple exercises to improve communication and ability to tell a story
- Increase ability to stay internally grounded and maintain clarity of intent in the courtroom

Elements of acting used to command an awareness of self and others within a given space and context:

Skills:

1. Observation
2. Imagination
3. Concentration
4. Focus
5. Relaxation

Tools:

- Movement –
 - development of the body as an instrument of communication
 - breathing and grounding techniques
- Use of Breath – Foundation of voice and speech
- Voice – How sound is produced
- Speech – Using words to paint a picture
- Physical gestures – Clarity, specificity and intent
- Internalization of techniques – ability to be intuitive, spontaneous, and improvisational