

Body Language in Virtual Meetings

Language is silver, body language is gold!

Are you preparing for the next virtual presentation, an important online meeting or even a job interview and want to make a good first impression? You want to be as present as in a real meeting and act relaxed and confident in front of the camera? Sounds difficult? Well – it is not!

The focus of this short workshop lies on body language, posture, gestures and facial expressions in communication with the camera and with the recipient of the video message. Your body language is not a coincidence if you know the mechanism behind what controls it.

Participants of this workshop will learn:

- how to use body language and gestures authentically without pretending or acting
- how to control body language and facial expressions in front of the camera
- techniques on lights and settings to make your picture vibrant and body language natural and effective
- how to use their voice for a confident and focused appearance in virtual meetings.

Trainerin: Victorija Rakucha

This workshop will be held online and in English.

WANN

19.04.2021 16:30 - 19:30 Uhr

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