

## Programme

- 9.30 – 10.00 Introduction  
Round table discussion about communication in science
- 10.00 -11.00 The elevator pitch  
How to prepare a pitch  
Story telling  
Tailoring the message to your audience and avoiding jargon
- Break*
- 11.15 – 12.15 Workshop: Write your own elevator pitch
- 12.15 – 13.15 *Lunch*
- 13.15 - 14.15 Deliver your elevator pitch
- 14.15 – 14.45 Debrief and round table discussion
- Break*
- 15.00 – 15.45 Controlling stress and body language
- 15.45 – 16.30 Workshop: Finding your personal delivery style
- 16.30 – 17.00 Debrief and wrap up (distribution of certificates)