

## Spoken Word Workshop



**First session on Friday, 7 January 2022, noon (CET) (to be confirmed)**

Why? To improve self-confidence, discover the range of possibilities of one's voice and body postures, encourage team spirit, highlight the importance of listening to others, and adopt positive dispositions regarding language and attitudes. All the while having fun with colleagues and friends.

### Format

6 one-hour sessions, every other week, the last one being the application of acquired skills during a filmed slam session. Participation via videoconference may be possible for each session and, depending on the interested parties, this format, originally planned in French, could also be given in English and Spanish.

### Summary of the sessions

1. Presentation: objectives and expectations, then presentation of texts brought by the participants
2. Orality: why and how to deliver
3. Tricks against stage fright: breathing, visualisation, rehearsal
4. Creation: background and sound
5. Silence: facial expression, gestures, posture
6. Slam session

### Speaker

Alex 'Sania' Ginzburg, poet, writer, actor, and spoken word artist for 18 years, receptionist at the OIE for 25 years, and head of the Amicale for 7 years.

Have any questions or want to sign up? Contact Alex: [a.ginzburg@oie.int](mailto:a.ginzburg@oie.int)

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