

## Spoken Word Workshop



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

### Format

Six one-hour sessions, every other week, the last one being the application of acquired skills during a filmed slam session. Participation via Zoom may be possible for each session and, depending on interest, 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 present
3. Tricks to combat 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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