

# What a personality!

The KNAW offers to support female scientists (PhDs and postdocs) to present themselves in a stronger way, aiding in their career. This course day, therefore, is for women only. Visibility and a strong self-presentation is a key part in for instance network conversations, presentations, job interviews and leadership positions.

Some people have great charisma. They fill the room with their presence, are able to make others listen and know how to convince them. How do they do it? A great charisma can be taught!

In this fun and very active course day we investigate what charisma means and how we can improve it. We use scientific knowledge about the effects of body language and discover how to use it consciously. We will show the effects of pose, movement, gestures, and the tone and pitch of your voice. For instance, did you know that body language has a significant effect on whether applicants get hired or not? Do you know that *power positions* can instantly boost both your self-confidence and your performance?

We practice situations in which charisma is important, with a professional training actor. Such situations can be a presentation for a funding agency, a job interview, a network conversation, etc. Of course, you choose the situation you wish to practice. Know how to look credible, trustworthy, confident and likable: show the world who you really are!

## About ElroyCOM Training

ElroyCOM Training is recognized by the CRKBO as an official educational institute for scientists. It consists of more than 20 excellent and international trainers and training actors. All of our trainers and actors are scientists themselves. For more information please refer to [www.elroycom.nl](http://www.elroycom.nl).