



# Stage Presence

*a workshop by Hilarie Burke on 5 October 2021 at Zuriberg Toastmasters Club*



This two-hours workshop introduces ways to recognize and incorporate authentic body language into a speech. Participants will playfully discover what is comfortable for them individually, how to recognize habits, stretch boundaries and learn tips on how to use space effectively while connecting with your audience. Exercises include physical and verbal explorations, working in pairs or small groups (break out Zoom Rooms if online) and opportunities for useful feedback. Participants gain increased confidence as they learn concrete ways to prepare for presentations in front of a Microphone, camera, room, or auditorium.

1. Learn techniques to relax your body and get past the fear of looking silly.
2. Learn simple ways to use space effectively while connecting with your audience.
3. Become aware of unconscious habits and discover a physical style that fits your personality.

## Biography

Hilarie Burke is an American movement theatre artist and designer. She taught and performed internationally for 20 years as Producer and artistic director of Silent Partners Movement Theatre. Their award-winning collaborative work spanned all age interests. Hilarie has conducted theatre projects that focus on social awareness in the US, Northern Ireland, and on a small scale in Switzerland. Hilarie has been a Toastmaster for over 10 years. As a charter member of Toastmasters St. Gallen, she has won international speech contests in Switzerland and Central Europe. She also is the artist and creator behind her Handbag company Hark Designs

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