



CARMEN
NITZER

Act for life.

1-day workshop

Bodytalk

How to exert influence
using body language.

WHAT IS 'BODYTALK'?

Bodytalk is a one-day workshop in which you learn to use your own body language to gently influence others.

WHY THIS WORKSHOP?

This workshop is for professionals who wish to further develop their 'sensitive' qualities, but cannot apply these qualities openly given the nature of their position. Examples are managers and executives who need to display a high degree of rational decision-making.

HOW DO WE WORK?

'Bodytalk' is all about the participants' own physical perception. The movement analysis models by Rudolf von Laban (1879 - 1958) serve as reference and guideline. We also work with practical case studies and exercises.

- The participants learn to recognise and apply the principles of movement in terms of three parameters (time/weight/space).
- The participants come to understand their own habitual movements.
- The participants experience how their habitual movements go hand in hand with their attitude and behaviour.
- The participants learn how to bring variety into their habitual movements as a way of influencing their environment.

- The participants learn how they can use intuition to strengthen their cognitive ability.

A Bodytalk workshop teaches you to recognise both your own and other people's bodily signals and to apply this awareness to your own behaviour. Participants will discover how they can use their body language, for example to influence the outcome of a discussion or to control their own habitual movements. In this way, intuitive perceptions can help to reinforce rational considerations.

WHO IS THIS WORKSHOP FOR?

I offer this workshop exclusively to education institutes:

- Education institutes wanting to give 'body language' a clear role in their curriculum.
- Education institutes wanting to complement a cognitive understanding of communication with intuitive perception.
- Education institutes wanting to use 'experiential knowledge' to add dynamism to their teaching programmes.

Bodytalk is not a spiritual quest for the intangible, but a method to understand how your body has the ability to influence your mind.

**Bodytalk. Exerting influence through
body language.**

OUR COLLABORATION

Naturally, I first consult with the client on the purpose of the workshop, and on that basis I provide the participants with a preparatory assignment. It is the client's responsibility to invite the participants and to arrange a suitable space. The client will inform the workshop instructor about the number of participants.

This workshop can be offered as part of your organisation's programme, under your own name. To be able to give this workshop properly, my requirements are as follows:

- A clean and empty space of at least 12 by 12 metres.
- 14 chairs
- 3 tables
- 2 flip charts + markers

AFTERCARE/EVALUATION

I always contact the client after the workshop to briefly evaluate how it went.

REQUIRED INVESTMENT FOR THE CLIENT

The workshop instructor's honorarium is € 1550,- per day.



Carmen Nitzer, Business to Business

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CARMEN NITZER (1969)

Art and culture have always been an important part of my life, also when I was studying Business Economics and Knowledge Economics. Born and raised in Germany, I danced at the Württembergische Landesbühne in Esslingen in various theatre productions, and performed at events and on TV with the tap dance group 'City Tappers'.

In 1991 I decided to embrace my passion for the performing arts by enrolling at the Artez University of the Arts in Arnhem (graduated as dancer and actress in 1994). I went on to dance and act in various multidisciplinary theatre performances, participated as actress in several types of training courses, worked as an instructor in education (HAN University of Applied Sciences), and I managed business events.

I have worked as a trainer/coach for several education institutes since 2010, and I contribute to various in-company development programmes.

Carmen Nitzer: "I see what moves you".

