

## PRBB Intervals Course Proposal

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**Course Title** Improvisation: the science of the unknown

**Proposed date(s)**

4<sup>th</sup> December 2018. Edition 1: 9:30 – 11:00

Edition 2: 11:30 – 13:00

**Course Language** English

**Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)** Brian McCarthy. Brian has been working as a trainer and facilitator in the areas of communication, leadership and creativity for the last 8 years. Previously he was a professional theatre director and acting teacher based in Dublin, Ireland.

**Rationale for course (why is this course of interest for the PRBB staff?)**

Scientists spend much of their time working on the minute details of their work and speaking to colleagues who speak “the same language”. Improvisation can teach scientists to explain their work in multiple vivid ways, thus helping both their audience and the scientist themselves better understand and appreciate their work.

**Course aim – general**

- ✓ Get out of your head and into your whole body and more be observant of others
- ✓ Bring your personality and passion into your scientific work
- ✓ Trust your intuition
- ✓ Achieve greater clarity and vividness when explaining science

**Specific learning outcomes (what new skills, knowledge &/or attitudes will participants to take away from the course?)**

- ✓ Awareness of personal communication style
- ✓ Awareness of other people’s differing communication styles
- ✓ A more creative and intuitive approach to science and scientific communication
- ✓ Impactful presentations and explanations of complex scientific work
- ✓ Have a framework to respond to unexpected public speaking demands

**Course contents (outline of topics to be covered)**

- ✓ Bring science to life for yourself and others
- ✓ Using your most powerful communication tool – your body
- ✓ Creativity is opening your eyes, not closing them and retreating into your mind.
- ✓ Overcoming fear and inhibitions

**Training methods**

- ✓ Improvisation exercises in pairs and in a group
- ✓ Active listening exercises
- ✓ Body language exercises – mime and role playing

**Target group in PRBB ( Senior scientists, postdocs, predocs, management/admin staff, all residents)**

All PRBB

**Number of participants (maximum) 20**

**Total course hours (Please specify: direct training with instructor present and required self-study)**

*Note: only the direct training hours will be included in the post-course certificate.*

Number of hours of class time: 1.5

Number of hours of self-study: --

Total number of course hours: 1.5

**Distribution of course (hours/days):** 1.5 hours, repeated twice

**Pre-course preparation and/or between sessions?** No

**Material participants need to bring (laptops, etc...) ---**

**Relevant background reading/ audiovisual/websites or other materials ---**