

# Empowerment workshop for women: being visible and being heard

Practice and secure powerful appearance, assertiveness and repartee

Workshop by Stephanie Trapp

Thursday, February 23, 2023, 9 – 17 Uhr

Please apply [here](#)

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## ABSTRACT

**Assertiveness is a question of inner and outer attitude.**

It is still easier for women to be silenced in verbal exchanges and to be pushed into a low body language status than for their male colleagues. This is due on the one hand to a lack of verbal repartee, and on the other hand to insecure body language - unconscious signals of submissiveness that are sent out at the moment of confrontation reveal the inner insecurity of the other person. Strong words only work when the body plays along.

The aim of the seminar is to acquire a dominant appearance and self-confidence without betraying one's own ideals and values. If you want to continue to appear appreciative without being put on the defensive at the same time, it is worthwhile to look at the interplay of inner and outer attitudes, because an assertive appearance is fuelled by inner attitudes.

The seminar offers practical exercises on confident body language and verbal resistance to power games, manipulations and unfair psychotricks.

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This workshop is part of the Lecture and Workshop Series:

**Gender and Diversity in STEM & Medicine**

hosted by equal opportunities officers of Faculty V and VI