

Programme

DO*MAR Students day

Wednesday, November 16th

- 08:00 Registration**
- 08:30 Welcome message and planning for the day**
Sala de Atos Académicos, Reitoria Building
- 08:40 Presentation of students projects**
Sala de Atos Académicos, Reitoria Building
- 10:40 Coffee break**
- 11:00 Techniques for communication before an audience**
Helder Castanheira Auditorium
- 12:30 Lunch**
Canteen
- 14:00 Networking challenge: From Groups to Teams**
Department of Environment and Planning, room 7.3.320
- 17:30 Departure to Vila Real by bus**
Reitoria Building
- 19:30 CdM ISC 2016 welcome reception**
Theatre of Vila Real

Training Activities

11:00 Activity

Techniques for communication before an audience

Summary

To communicate with each other we use different systems of symbols and developed suitable and understandable languages. Communication is performed by signals between two actant receptors. These signals are of various kinds, gestural, sound, emotional, cultural and also linguistic.

In order to communicate efficiently before a public we need to use many forms and techniques of communication that most of us have lost during growth. "Cicely Berry has based her work on the conviction that while all is present in nature our natural instincts have been crippled from birth for many processes – by the conditioning, in fact, of a warped society." (Brook 1973).

We cannot separate the sound of the words from their living context, so the task is how to set the voice free before an audience. During the acculturation process we are shaped by a culture to which we belong. On the one hand we develop skills required, on the other hand do not develop others for which we are biologically equipped. It is the exploitation of these "hidden possibilities" that we will develop our activities aiming to "learn the difficult task of being true to the instinct of the moment" (Brook 1973).

During this short session the students will experience different problems that arise during a communication to an audience. Solutions will be provided to the understanding of issues and motions techniques will be presented that will reduce or even overcome the difficulties encountered.

Activities plan

A. Heating | availability

- 1 Games in rhythmic circle. Word decomposition, invented language.
- 2 Games for two. Following hand, tennis and mirror.
- 3 Collective Improvisation. Fish, birds and animal ponds.
- 4 Mimic. The sighting, land and animal.
- 5 Sea Scenes

B. Communication techniques before an audience

- 1 Speech on the chair
- 2 Improvisation, mask and hearing
- 3 The look
- 4 Noiseless communication

Keywords: Communication, action, breathing, language, environment, thinking, storytelling, mask, gesture, focus, voice and vocal projection.

Responsible

Rui Pisco



Rui Pisco is a professional actor, stage director, author and professor. Rui started his training as actor in 1977, at the Comuna Teatro de Pesquisa, under the guidance of João Mota. He later completed Bachelors degrees in Theatrical Studies in the University of Évora, and in Community Development and Mental Health, in the Instituto Superior de Psicologia Aplicada. Throughout his career Rui has participated in more than 140 plays, TV programmes and commercials as an actor and director. During the last 25 years Rui has also concentrated in teaching dramatic expression in secondary schools and polytechnic institutes, and in using theatre to promote the social integration of addiction victims, senior citizens and political refugees.

14:00 Activity

Networking challenge: From Groups to Teams

Summary

Networking Challenge

This is an activity that promotes a fast networking, mingling and ice-breaking between the Phd Students. At the end of this activity, the students will know each other better, which will work as a teambuilding exercise that will prepare them for the following days.

From Groups to Teams

Transforming a group of people in a well balanced and functional team, requires that several social dynamics can be developed with caution and knowledge. We will be experiencing a group of short but very specific exercises, that are going to help participants building the pillars of their own team, and learn the basics of highly effective teamwork.

Responsibles

Alexandre Real & Filipe Ferreira



Alexandre Real has a Master's degree in Business Administration and Management, General by the University Autónoma de Lisboa, and a Pos graduation on - Leadership and team management by the Instituto Superior de Psicologia Aplicada. He also have a Law Degree and a MBA, Business Strategy and Planning.

Since 2004 is speaker in several seminars and workshops on Leadership and team management , Motivation, Training, Entrepreneurship, Management, Teambuilding:

author of several published articles on Management, Motivation, Entrepreneurship, Team Management, Training,

He is a Partner SFORI (Strategy For Improvement), OTIMI, OtimAds and author of several published articles on Management, Motivation and a columnist at Jornal de Negócios;

IT Insight. Has been coordinating several training programmes, such as 24H de Gestão, 24H de Agricultura, 24H de Logística, Teachers' Upgrade, EmpreendESCE, Escellence, 24H de Gestão CORPORATE, 24 H de Gestão de Projetos, 24 H de Liderança and others;

He is a Trainer certified by Instituto do Emprego e Formação Profissional (CECOA, Select Vedor Group, SFORI, Somague Group, DGCI, Valleysoft), and has been a consultant for several projects (eg. <http://www.facilitatinglearning.eu/>). He is co-Author of the book "Business Cases of the Alentejo region, in 2008. Original title: "Casos Empresariais: Alentejo".



Filipe Ferreira has a Master in Business Administration and an Executive MBA in Human Resource Management. Has also a MBA in Strategy and Corporate Planning and a Degree in Business Management He is a Partner in SFORI - Strategy For Improvement and a Member of the Board of the Association "Forum of People and Organizations - People 2020," with the responsibility of institutional relations with private companies. He has been 2 times Awarded Winner for the Best Event of Motivation and Incentive of Portugal, with the educational initiatives "24 Hours of Management" and "24 Hours of Logistics" in 2007 and 2014, respectively.

Author of several articles devoted to behavioral skills, teamwork and entrepreneurship in organizations such as Jornal de Negócios, revista Human, Recursos Humanos, Logística Moderna, among others.

He has been distinguishing several times as a member of the batch of "Top Influencers" of the groups of Harvard Business Review, Insead and Forbes, on LinkedIn social network.

He is a Consultant / Researcher with participation in PRODESTRE project, dedicated to the development of educational content and tools, which led, among others, the publication "Business Cases - Alentejo", published by Editions and FOR Edual, which was co-author.

He is a Certified trainer by IIEFP and Facilitator of behavioral dynamics associated with the creation, management and improvement of the working teams performance in various contexts and sectors.

