

## PRBB Intervals Course Proposal

---

**Course Title** The science of the unexpected: Improvisation to enhance your communication

**Proposed date(s)** June 5th, 2025

**Course Language** English

**Course Leader(s) and very brief summary of relevant qualifications and experience (no more than 2 lines for each trainer)**

**Monica Ixchel Castillo Salgado** is a Political Scientist, Educator, Actress and Dancer from Mexico. Besides co-delivering sessions on Improvisation and Body Language and facilitating on the topics of Improvisation, Moonshot Thinking, Communication and High Performing Teams, she ensures that Performing Ideas customers have the best possible experience. She has degrees in Political Science, Theatre and Corporeal Mime.

**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. Improvisation is also extremely useful for effectively responding to unplanned public speaking challenges such as answering questions or making impromptu talks.

**Course aim – general**

Learn improvisation tools and techniques to help become more confident and dynamic communicators.

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

- ~ Participants will learn improvisations tools that will help them to have a more creative and intuitive approach to science and scientific communication.
- ~ Learn the importance of connecting with their body and all their senses in order to be present and improvise.
- ~ Specific physical exercises to help them become more aware of their non-verbal communication.
- ~ Achieve greater clarity and vividness when explaining science – tools to maintain the audience engaged and give dynamics to the presentations.
- ~ Tips to manage nerves in front of an audience.
- ~ Know how to respond more confidently to unplanned public speaking challenges such as answering questions or making impromptu talks.

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

- ~ The golden rule of improvisation
- ~ Improvisation to become a more powerful communicator.

- ~ Different approaches to explaining scientific work.
- ~ Preparing your most powerful communication tool – your body.
- ~ The importance of a confident voice.
- ~ Using all the senses for inspiration when dealing with the unexpected.
- ~ How using improvisation can help you overcome fear and inhibitions.

***Training methods***

Improvisation exercises in pairs and in a group

Active listening exercises

Body language exercises – mime and role playing

Individual presentations

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

Everybody at PRBB, cross-disciplinary

***Number of participants (maximum)*** 10

***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: 4

Number of hours of self-study: 0

Total number of course hours: 4

***Distribution of course (hours/days):*** 4 hours, from 9:30 to 13:30.

***Pre-course preparation and/or between sessions? —***

Think about the research/work and be prepared to talk about it.

***Material participants need to bring (laptops, etc...)*** Clothes to be able to move. Whatever they feel comfortable with but that they are able to move.

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