

# Coaching MT180 – Public Speaking

## Description

The “Three Minute Thesis format” involves presenting your research effectively in three minutes to a non-specialist audience, using only one slide.

This day-long workshop is designed to methodically help you put together an impactful MT180 presentation. Working with your peers, you will be taken through each step of building up a performance that is convincing both in content and delivery.

## What you will learn

- How to select meaningful material in a way that is accessible to a non-specialist audience.
- How to construct a convincing pitch.
- How to memorise it.
- How to deliver it effectively, confidently, using words, body language and space to your advantage.
- How to deal with mishaps.
- How your slide can help - or hinder.
- How to use what you have learned for other, longer presentations.

## Training course overview

The course relies on guided practice rather than theory. Exercises will focus on practical ways of solving conceptual, rhetorical and presentational problems. Each presentation will be recorded, and detailed feedback will be given by the trainer and your peers, highlighting what works, and what can be improved. There will be an opportunity to record your presentation again, giving you a chance to incorporate improvements, and so measure progress. You will also be given tips for further practice.

## Benefits

Beyond the MT180 competition, which is fun and can help you raise your profile and win prizes, MT180 training is a great way to sharpen presentational skills. It helps think about effective ways of addressing both non-specialist and specialist audiences, and ultimately can help build a “toolkit” that will be useful in many different public-speaking situations.

## Preparation

It is strongly recommended to prepare a draft of your presentation in as well as a visual (slide) in advance.

## Audience

PhD students

## Trainer

Etienne Duval is a French-British trainer and broadcast journalist. He namely trained the 2021 UK 3MT winner and the 2022 MT180 Swiss winner.

### MT180, academic year 2024-2025

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| ▪ 1 to 30 September 2024 | Registration for the MT180 Contest and Coaching  |
| ▪ 11 to 15 November 2024 | Coaching MT180 (duration 1 day, 9am to 5 pm)     |
| ▪ 13 to 31 January 2025  | Selections MT180 to obtain an ECTS Credit (2h30) |
| ▪ 27 March 2025          | Final EPFL MT180 (14 people selected)            |

Additional Information :

<https://mt180.epfl.ch>

## Contact and Organisation

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