

# Coaching MT180 – Public Speaking

## Description

The “My Thesis in 180 Seconds” (MT180) format involves presenting your research effectively in three minutes to a lay audience, using just one slide.

This day-long workshop is designed to help you put together an impactful MT180 presentation, one step at a time. Working with your peers, you will gradually build up a performance that is convincing both in terms of content and delivery.

## What you will learn

- How to select relevant 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 and confidently, making the best use of words, body language and space.
- How to deal with mishaps or the unexpected.
- How your slide can help - or hinder.
- How to use what you have learned for other, longer presentations.

## Training course overview

The course focuses on practical aspects of presentation, bringing in theory when necessary. Exercises are designed to explore concrete ways of solving conceptual, rhetorical and presentational problems. Each presentation is recorded, and viewed by the group. Participants are then given detailed feedback by the trainer and their peers, highlighting what works, and what can be improved. Presentations are then recorded a second time, giving participants a chance to build on the day's work, and to measure progress. You will be given tips for further practice.

## Benefits

The MT180 competition is fun and can help you raise your profile as well as win prizes. MT180 training is also a great way to sharpen your overall presentational skills. It will help you think about effective ways of addressing both non-specialist and specialist audiences, and ultimately can help you build a “toolkit” that will prove useful in many different contexts.

## Preparation

You are strongly advised to prepare a draft of your presentation, as well as a slide before the workshop.

## Audience

PhD students

## Trainer

Etienne Duval is a Franco-British trainer and broadcast journalist. The 2021 UK 3MT<sup>1</sup> winner and the 2022 MT180 Swiss winner both attended his workshops .

### MT180, academic year 2025-2026

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|--------------------------|--|
| ▪ 1 to 30 September 2025 | Registration for the MT180 Contest and Coaching  |
| ▪ 28 to 31 October 2025  | Coaching MT180 (duration 1 day, 9 am to 5 pm)    |
| ▪ 19 to 30 January 2026  | Selections MT180 to obtain an ECTS Credit (2h30) |
| ▪ 19 March 2026          | Final EPFL MT180 (14 people selected)            |

Additional Information :

<https://mt180.epfl.ch>

## Contact and Organisation

Science Outreach Department, [anouk.pfanzelter@epfl.ch](mailto:anouk.pfanzelter@epfl.ch)

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<sup>1</sup> 3MT (Three Minute Thesis) is the English equivalent of the French MT180 (Ma thèse en 180 secondes) competition.