



One-Day Workshop Program

Larynx Care, Vocal Hygiene, and Scientific Speaking Techniques: Neurovoice Approach Based Workshop Opening, Initial Voice Assessment, and Practical Training in Voice, Breathing, and Body Language Techniques

Table 2: Practical Training Sessions – Voice, Breathing, and Body Language Techniques

Topics	Presenters	Time
Practical Training: Warm-up Voice Exercises, Vocal Strengthening Techniques & Respiratory Strengthening	Asst. Prof.Dr. Samira Aghadoost / Allpresenters	13.30-14.15
Neurological Exercises for Reducing Tension and Vocal Tremor/ Relaxation & Anxiety Reduction Techniques for Presentations	Assoc. Prof. Dr. Mehdi Shafiee	14.15-14.45
Scientific Speaking Do's and Don'ts – Techniques for Engaging the Audience/ Effective Presentation Practice: Speech Rate and	Assoc. Prof. Dr. Maryam Alizadeh	14.45-15.30
Final Participant Presentations + Combined Feedback	All Presenters	15.30-16



One-Day Workshop Program

Larynx Care, Vocal Hygiene, and Scientific Speaking Techniques: Neurovoice Approach Based Workshop Opening, Initial Voice Assessment, and Practical Training in Voice, Breathing, and Body Language Techniques

Table 1: Workshop Opening and Initial Assessment of Voice and Delivery Skills

Topic	Presenter	Time
Welcoming message	Prof. Dr. Rahem Mahdy Rahem Alkhakany	8:30-8:40am
Welcome, workshop goals, and overview of assessment process	Prof. Dr. Samira Aghadoost /All Presenters	8.40-9 am
Characteristics of the Normal Larynx and Its Disorders	Prof. Dr. Peyman Dabirmoghaddam	9-9.30
Characteristics of a Healthy Voice in a professional voice user/ vocal hygiene	Asst. Prof.Dr. Samira Aghadoost	9.30-10.15
Coffee break		10.15-10.45
Neurophysiology of Performance Anxiety and Distraction during Presentations	Assoc. Prof. Dr. Mehdi Shafiee	10.45- 11.30
Characteristics of Effective Scientific Speaking: Body language and verbal communication	Assoc. Prof. Dr. Maryam Alizadeh	11.30-12.15
Lunch		12.30-13.30