MR3 seminar
My Research in 3 minutes

July, 7-8th @ the Scientific Station of Hautes Fagnes (Hohes Venn)
Mont Rigi, Waimes, Belgium

This face-to-face training is coming after the attendance at an on-line course (MR3 MOOC)

**GOALS**
Learn to present a compelling talk on your own research topic and its significance just in 3 min.
Increase your self-confidence and self-management abilities in stressful situations
Experience interculturality in work and sharpen your communication skills

**PROGRAMME**

**DAY 1**
- 10-12:30 AM:
  - > Presentation of the UniGR, seminar and trainer/team
  - > Introduction to 3MT™ and MR3 concepts
  - > Criteria of excellent MR3 presentations
  - > First presentation of research topics

- 2-9:00 PM:
  - > « Speed dating »: exercising MR3 presentations
  - > Input on basic principles of verbal and non-verbal communication
  - > Reflection on personality and attitude

**DAY 2**
- 9-12:30 AM:
  - > MR3 presentations & individual feedback (part 1)
  - > Input on helpful self-management skills and techniques

- 2-5:00 PM:
  - > MR3 presentations & individual feedback (part 2)
  - > General recommendations

**Trainer:** Ansgar Berger
Work and organizational psychologist at Trier University, collaborating with companies and project teams, working with researchers on communication; already involved in UniGR seminar for PhD candidates (Early-Stage Researchers’ Days in 2013 – UniGR ESRD)

*MR3 training developed by the University of Liege for the University of the Greater Region*