

Physical theatre for team building



SCHEDULE

Monday : Introduction to Physical Theatre

09:00-09:30 – Brief introduction to the program and to each other: we set the objectives, talk about what we are going to do and what methods we are going to use.

09:30-11:00 – Block of movement-based introductory exercises aimed at helping the participants to connect to each other. The block is build on a principle of step-by-step complication. The block ends with a short Q&A session.

11:00-11:20 – break

11:20-12:00 – Block of Voice-based exercises. The block is aimed at discovering your own voice in a group; also to introduce people to each other. All exercises are gamed-based and help to achieve healthy and friendly atmosphere in the group.

12:00-13:00 – Movement-based section aimed at building connections between participants and helping them to perceive each other as a group. Session ends up by Q&A.

Tuesday : Contact Improvisation

9:00 – 9:30 Warm-up: we warm our bodies and prepare for the training

9:30 – 11:00 – Contact Improvisation with the partner. We will practice a contact imrov exercise aimed at developing a sense of partnership and trust. All exercises are beginner-friendly, do not require any previous experience in dance.

11:00-11:20 – break

11:20 – 13:00 – Group Contact Improvisation. This block is aimed at building deeper connections in the group. The block will end up by a short performance practice where all the participants would be able to get both performing and spectating experience, followed by Q&A session.

Objectives

- Get acquainted with means of non-verbal communication;
- Get acquainted with non-judgmental approach;
- Build safe space within the group for learning, working and communication;
- Manage group dynamics;
- Get acquainted with the tools to build ensemble;
- Find a way to feel good in a team work.

Speaker



- **Anna Demidova** a theatre practioner and drama researcher; artistic director and founder of Urban Forest Echo Theatre Company, now based in Berlin (Germany). She mostly works with performers from different artistic background (classic drama, dance, circus, etc) as well as with people of different origin and culture.

Contact

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From the stage to the world

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Wednesday : Voice + Intonation

9:00 – 9:30 Vocal warm-up: we prepare our bodies and voice to work with sounds

9:30 – 11:00 – Voice-based training where we will dissolve our patterns of speech and build „non-logical“ connections between the words. The training aimed at boosting creativity, getting rid of habitual patterns of speaking and behavior; also it is a great „ice-breaker“ for group communication.

11:00-11:20 – break

11:20 – 12:00 – Movement-based training. We will work in small groups and practice ways of collective creation: how to build and develop a story within a group using verbal and non-verbal communication.

12:00 – 13:00 – Voice-based training: Non-existing languages. We will explore ways of building communication within a group using non-existing languages with the help of such tools as intention, action, intonation and volume. All exercises are game-based. The session ends up with Q&A.

Thursday : Attention

9:00 – 9:30 Warm-up: game-based practice to switch on attention

9:30 – 11:00 – Practice based on performative tools to discover what attention really is and how we can be attentive to the space, time, partners, group and to ourselves.

11:00-11:20 – break

11:20 – 13:00 – Movement-based block build on game-based practices to deepen understanding of attention as a performative tool as well as a team building tool, followed by a discussion.

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Friday : Physical Action

9:00 – 9:30 – Warm-up to wake up body and boost energy

9:30 – 10:30 – Introduction to physical action with movement-based exercises. Participants will work in pairs and small groups to learn what is physical action on stage, why it is so important, and how we can apply it in our every-day life.

10:30 -10:50 – break

10:50 – 11:30 – Physical action with words. Working in pairs and small groups. Participants will discover how to act through the speech and apply this knowledge in team building.

11:30 – 12:30 Performance practice. Using all the mastered material, participants of the training will create two group performances (each participant will be able both to perform and observe).

12:30 – 13:00 – Closing session: we share and exchange our experiences.

This program can be slightly modified by our team.

Cultural visits can be organized on free time, do not hesitate to contact us.

This training can be scheduled on other dates and adapted on request for groups from 6 participants

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