



THEATRE WORKSHOP

(2 days)

Improve your public speaking and spend a good time thanks to playful and effective training.

DAY 1

09:00	Welcome Introduction
09:20	<ul style="list-style-type: none">• Individual check-up• Non verbal communication: voice, gestures, eyes ...
<i>Morning Break</i>	<ul style="list-style-type: none">• Workshops in Small Groups: <i>Captivate the audience</i>• Improvisations & Practical Exercises
12:30 – 13:30	<i>LUNCH</i>
13:30	Warm-Up Exercises
14:00	<ul style="list-style-type: none">• Active listening• Theatre exercises & Improvisations: <i>Increase your authenticity and self confidence</i>
<i>Afternoon Break</i>	<ul style="list-style-type: none">• Creative Workshops in small groups: <i>Create your own play!</i>
16:30 – 17:00	Review and Feedback

DAY 2

09:00	Welcome Introduction
09:20	<ul style="list-style-type: none">• Improvisations & Practical Theatre Exercises: <i>give wings to your imagination!</i>• Workshops in Small Groups: <i>Practices to develop public speaking abilities</i>• Creative Workshop: <i>Perform your own play!</i>
<i>Morning Break</i>	
12:30 – 13:30	<i>LUNCH</i>
13:30	Warm-up Exercises: breathing, articulation, silence ...
14:00	<ul style="list-style-type: none">• Workshops in Small Groups:<ul style="list-style-type: none">- Interpreting a Text- Enhance a Message• Final Individual check-Up
<i>Afternoon Break</i>	
16:30 – 16:45	Final Comments, Questionnaire and Feedback