



Individual and Group Development

Serious Play for Serious Development

Through a series of interactive and embodied activities, participants practice the skills of improvisational theatre for their own professional and personal development.

When professional improvisers walk on stage they have no idea what they're about to do or say. Then, working moment-to-moment, they instantly create powerful and engaging stories. To do this they listen, adapt, be present, learn quickly from their mistakes, and collaborate.

Your people will develop skill sets that include:

- Active listening and making others feel heard
- Focus, being fully present (getting rid of internal scripts and distractions)
- Flexing / adapting in the face of uncertainty or change
- Demonstrating emotional intelligence
- Effective collaboration and co-creation
- Thinking creatively and taking innovative action
- Presence awareness (how you vocally and physically occupy space)

OUR SERVICES INCLUDE: HALF AND FULL DAY WORKSHOPS FOR TEAMS. ONE TO ONE AUDIENCE ENGAGEMENT AND PRESENCE COACHING. ONGOING PROGRAMMES FOR DEEPER DEVELOPMENT.