

Jane Bergeron's Workshop

“Theatre is used to help in conflict resolution by showing all sides of a situation... with each character having their say. The first step is getting characters to see the situation from another’s point of view.”

- *Andrew Leigh & Michael Maynard, Dramatic Success!*

“The intuitive can only respond in immediacy – right now. It comes bearing its gifts in the moment of spontaneity, the moment when we are freed to relate and act, involving ourselves in the moving, changing world around us.”

- *Viola Spolin, Improvisation for the Theatre*

Through participation in physical games and Viola Spolin’s creative dramatics, Jane’s workshop shows non-actors how to listen, communicate and respond spontaneously.

Surprise yourself with what you can do! Outcomes of the workshop include:

- Learning to communicate more effectively within group situations;
- Developing better listening skills;
- Identifying and overcoming the physical tensions and psychological blocks that inhibit social interaction;
- Developing techniques that help to combat self-consciousness and ‘stage-fright’;
- Developing intuition, self-awareness and empathy;
- Becoming more articulate, self-confident and emotionally expressive;
- Developing spontaneity and ‘being in the moment’.