

CREATIVE SPONTANEITY

Why?

The time is perfect for us to question our responses to what is happening around us, to strengthen our ability to connect and to grow awareness of ourselves and others so that we can maximise choice. So that we can lead effectively with purpose and empathy.

What?

This Creative Spontaneity workshop draws on the teaching of Viola Spolin, Augusto Boal, and J.L. Moreno, along with some Winnicott, Transactional Analysis and Patrick Lencioni. Yep that's right. A mishmash of theatre, organisational theory, and psychotherapeutic thought. We spend Friday night and Saturday really challenging our patterned responses to the various environments we work and live in and as a result we grow some new neural pathways, find new perspectives and create choices. The person with the most awareness in the room is always the person with the most choices.

How?

In the workshop we use games, exercises and practices drawn from improvisation, sociometry and drumming circles. Not a slide in sight. However, if you want background material very happy to provide it.



The workshops are led by Joy Stewart, award winning playwright, director, and psychotherapist. Joy has worked in leadership roles in theatre, film and in multinational IT corporations. She has also facilitated workshops in education, health, sport, IT, and finance settings. Joy brings her years of experience in these many different arenas into the room. They provide a rich framework for understanding and challenging narratives. Her unique set of skills and experiences ensure that no two workshops are ever the same and that learning is rich for everyone in the room.

It takes courage to change. It takes courage to play.

This workshop is full of energy, unexpected challenge, laughter and most importantly it helps break habitual behaviours and responses that have passed their sell by date.

Improvisation and sociodrama support the development of high-level communication and leadership skills.

The engagement with ourselves and others in a playful, contained space allows us to conjure new ideas and challenge our habitual responses by developing new awareness and behaviours. Neuroscience tells us that trauma, extended periods of stress and exhaustion, create stuck neural pathways which affect our brain functioning. This means that we fall into habitual patterned behaviours and resort to responses that don't necessarily serve us in the here and now. The good news is that our brains can change but they need some help. This workshop introduces the possibility of new neural pathways.

WHEN AND WHERE?

Albury/- Wodonga

Fri 8th Sept - 7pm - 9:30pm

Sat 9th Sept - 9:30am - 4:30pm

INTERACT NOW

Fully catered event with light supper, breakfast, morning tea, lunch and afternoon tea.

Cost: \$410 excl GST

Early Bird attracts 10% discount

BOOK NOW! EMAIL: JOY.STEWART@INTERACTNOW.COM.AU