



MARIE-THERÉZ  
L O R E N Z

# Physical Theatre

Theatre training for leaders and business professionals

This training focuses on the analysis of movements and posture as well as on improvisation and the development of scenes. It promotes flexibility, creativity, teamwork, leadership, presence and courage.

## What characterises outstanding managers today?

### 1. COURAGE AS A CORE COMPETENCE

Just knowing the theory isn't enough to be a successful manager. What really matters is whether you have the courage and personality to act on it and to speak your mind when needed. Courage, in this context, means, for instance, articulating uncomfortable truths candidly or staying calm and focused in the face of difficulties and new challenges.

You can learn this communicative courage, but only in situations that really test your limits: situations where you have to step out of your comfort zone, deal with uncomfortable emotions, or handle delicate matters.

### 2. ESSENTIAL SKILLS IN TIMES OF VUCAD<sup>1</sup>

In our fast-moving knowledge society and digitalised economy, the following skills have emerged as crucial:

- **Creativity** to solve problems spontaneously and deal skilfully with new situations
- Ability to create contexts, recognise meaning and **connections**
- **Flexibility** and **adaptability** that create **resilience**
- **Empathy** and **sensitivity**
- **Curiosity** and **enthusiasm** (intrinsic motivation)
- Confidence in **presenting oneself** and in **public speaking** (meetings, presentations and videos (social media))

## What does this training offer?

In this physical theatre training, participants develop and expand the aforementioned skills under challenging conditions: they are confronted with unusual tasks that require them to courageously expose themselves. They are the material with which they work to create a product.

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<sup>1</sup> Volatility, Uncertainty, Complexity, Ambiguity, Dynamics

## Training content

The physical theatre training is structured around three core components: **MOVEMENT, IMPROVISATION, GROUP WORK** - each integral to the training's approach, but also independently valuable.

### 1. MOVEMENT AND POSTURE

Analysis of movements and their dynamics as well as body postures and gestures. Discover the effect of nuances.

#### Skills promoted:

- Presence and confidence
- Effective and expressive body language

### 2. IMPROVISATION

Improvise scenes - alone or with others. Without preparation time and without prior consultation.

#### Skills promoted:

- Creativity
- Flexibility and adaptability
- Leadership, sensitivity and cooperation
- Empathy
- Dramaturgical structure, story telling

### 3. GROUP WORK

Develop, rehearse and perform a scene on a given topic in the group within a set time.

Depending on the objective of the training, there are 2 variants. Either all participants are performers, authors and directors at the same time: How do we come to an agreement and create a joint, presentable solution in a short period of time? Alternatively, the role of the director is assigned to one person.

#### Skills promoted:

- Creativity
- Persuasiveness and cooperation
- Leadership, clear communication and decisiveness
- Attention to both bigger picture and detail
- Dramaturgical structure, story telling

## Warm-up and feedback

The training starts with warm-up exercises that relax, ground and allow you to step out of your everyday routine. These techniques can be used in all kinds of situations, for example for relieving stage fright or stress.

Reflections and individual feedback are essential elements of the training. Mutual feedback from participants is equally important and also serves as training for courageous and sensitive communication.