

Theatrical Improvisation

Discover the creativity your multicultural team

Take a few hours to improve your team creativity through...

Theatrical Improvisation!

A theatrical technique that helps develop creativity, listening skills, exchanges, create link between participants.

The actor acts without predefined lines, without preconceived stage settings, simply according to his inspiration.

Through this introductory course, we would like to share with you how and why theatrical improvisation can considerably enrich your daily life by stimulating communication, team spirit and self-confidence.

The course is given simultaneously in French and English and we are committed to helping you discover theatrical improvisation through specific themes related to daily life situations and typically Swiss customs and traditions.

Content:

- ⌘ Welcome and definition of the framework of the course
- ⌘ Theoretical introduction to notions of improvisation
- ⌘ Warm up
- ⌘ Theatrical Improvisation