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CRISTINA BARZI, VARESE ITALY



GETTING IN TOUCH

WITH YOUR INNER

ARTIST

**WORKSHOP FOR POSITIVE PROFESSIONAL
RELATIONSHIPS AT WORK**

**Moving-singing-acting-painting to reconnect
with your artistic side**

PURPOSE OF THE WORKSHOP

To build positive and productive relationships

Sometimes during special events, you need to be able to reach more self-esteem.

A little good time certainly wouldn't hurt anyone and this will all be in the spirit of good company and fun with colleagues, because **effective workplace relationships are directly tied to individual and workplace cheerfulness.**

You will reconnect with your creative side and remember how to express it, because **every individual has an inner treasure, containing the gem of creativeness, composed with several expressive forms.** Interacting to produce the most complete expressiveness will create a happy work environment where colleagues better collaborate, accept and help each other to grow.



“Once we find our “creative core” we start being aware of it and believing in it.

This will ignite your “Inner Artist”

Mental and physical activities are often increased due to stressful life events and this focusing alters all the expression tools such as voice, gestures, posture, action, breathing, speaking, etc. related to the inner and outer needs.

Through painting and color improvisations, voice technique, movement and mime techniques, trust and self-mocking games, team-building activity, non-verbal communication, the participants will **fully express the individual and original self and artistic power.**

In this process, body and mind are engaged in a substantial liaison of concentration and emotions, the voice color can be modulated through physical movements to create our **individual naturalness.**

In the Italian theatre a clear example of proper use of voice and body language is Dario Fo, who studied traditional work songs naturally performed even under strain.



EXERCISES

Moving, singing and acting, painting aimed at developing awareness of gestures in different forms and dynamics

Individual and group exercises aimed at discovering the body/voice connection, enhancing expressive and artistic potential: breathing, concentration and relaxation exercises (on the mat, chair and standing)

Relational, interactive exercises and games

Rhythm perception and related exercises

Voice technique basics

Movement and voice improvisation with music (group and individual work)

Acting improvisation

Singing improvisation

Drawing improvisation

Analysis of the character of a song, play, text, poetry

Voice and acting expression using the method of the fourth wall (Lee Strarberg's Actor's Studio Method)

Eventual setting of a theatre scene and/or a repertory of songs in order to prepare a small essay-showcase, (in accordance with corporate policies)

Number of participants: 10/15

Duration: 2 to 5 days

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