

Corporate Workshop

Our workshop is a unique blend of theatre games ,exercises, clowning and forum theatre; designed with the focus of personality development, stress management ,team building, problem solving, creative simulation and above all for bringing smiles.

We generally offer 1-2 day of corporate workshops, however modules for longer workshops or for the workshops with different needs can also be designed accordingly.

-: First Act:-

Every person is born with the gift of imagination and inventiveness. Its potential just needs to be tapped at the opportune time, and channeled in the right direction. **First Act**, works best for all ages as their creative energies can be harnessed well for productive results. **First Act** will introduce essential life skills through the medium of theatre. In the process, it will also guide to overcome shyness and stage fear, help them develop unique flair for problem solving and empower them to self-express with autonomy. This specially devised module will encourage team work among participants, and aid them in enhancing self-image by fostering mutual trust.

First act is focus on physical, mental and emotional well-being. We have divided our program in two divisions 1st) Theatre Arts and 2nd) Health Awareness. Our main intension is to create a space where everyone can interact and would like to make a stage where everybody gets chance to have freedom of expression.

Facts

Intellectual – increase in skills such as problem solving, negotiating, creativity, organizing and planning, retelling familiar stories, application of newly gained knowledge, and mathematics

Physical – increase in skills such as gross and fin motor development, fitness, strength, and coordination

Social – development of skills such as sharing, taking turns, cooperation, negotiation, impulse control, delay gratification, and deal with disappointment

Emotional – increase in self-esteem, pride and accomplishment, feeling of safety and protection, development of sense of self and individuality, and feelings or purpose.

Theatre is a sophisticated expression of a basic human need -- one might call it an instinct -- to mimic, to project stories onto ourselves and others, and to create meaning through narrative and metaphor.

Theatre brings people together because every activity build through collective efforts- participants pass through in such a process for team making, community building, administration and leadership development, self-regulation, behavior guidance etc.

For More details, kindly free to ask

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