



## Team work: Creating a Class Act

In most organisations, business is the performance that takes place between 9am and 5pm. We're given a job description, a title and we fit in to the part we're expected to play. Millions of employees in thousands of businesses operate that way. Does it work? The answer is that these businesses survive, but it rarely inspires the kind of creative and powerful team work that gives a competitive edge and gets results.

### Step outside your comfort zone

At JamBerry, we believe that to develop new ways of thinking it's important to take time out from your working world and step outside your comfort zone ... just a little.

### Reveal hidden talents and skills

The world of the performing arts and the challenge of putting on 'a show' can provide a range of opportunities for individuals to reveal hidden talents and skills, understand how others operate as well as bringing everyone together to work on a stimulating and rewarding task.

### Gain valuable insight into improving team work

That may mean using acting skills to get under the skin of a different character, interpreting body language through mime, understanding how to use your voice and improve presentation skills, or simply identifying how to foster greater cooperation and work more effectively together.

### Meeting your business needs

Our Performance Programme can be tailored to meet the specific needs of your business and offers individuals an exceptional opportunity to learn about group dynamics while having fun at the same time.

### Why JamBerry?

Because we fully understand the needs of modern business as well as the best methods of delivering effective training. We adopt a highly interactive style to ensure that all attendees are active participants and that every aspect of our training is relevant, realistic and practical.

# Examples

## Actor for a Day...

We will lead you through a thrilling and unforgettable experience, turning your team into the cast of a play. While students train for three years to become skilled professionals, we offer you and your colleagues the opportunity to 'tread the boards' after just one day of carefully constructed workshops and rehearsals. Our tutors will help your team release their creative energy and express themselves in new and hitherto unimagined ways!

What kinds of skills can you learn? The day starts with a series of games and exercises – used extensively with actors to relax and 'free' them from their inhibitions – and moves on to a session that's all about your body and breathing. This helps you to develop 'stage presence' and become more expressive and engaging. After this, there are further sessions on the use of voice and movement in which you will learn how to prepare and warm up your voice and body for the performance.

The tutor works with the participants to create the structure for a suitable performance – teaching the importance of rhythm, pace, pause and listening - as well as helping each participant to develop their character. The performance will show that delivering words is much more than simply reciting from a page of text; it is about 'lifting' the words from the page and speaking them as though they are your own. By the end of the day, all participants should expect to:

- ✓ Feel an increase in confidence
- ✓ Understand the importance of preparation and rehearsal of materials
- ✓ Develop a deeper sense of presence
- ✓ Learn more about their voice and how to use it for greater impact
- ✓ Understand the power of the pause as a communication tool
- ✓ Experience the sensation of really 'holding' their audience
- ✓ Review: how to apply what has been learnt to the workplace

So, very much more than you would expect of a typical team-building activity!

For more information and advice call Berry Winter now on 08450 945584