

THEATRE FOR BUSINESS

TALK!

The Manager as Actor : The Office as Stage

Course-1
THEATRE FOR COMMUNICATION
September 24, 2019 | Marriott Hotel-Karachi | 9:30 am – 5:00 pm

Course-2
THEATRE FOR CREATIVITY & INNOVATION
September 25, 2019 | Marriott Hotel-Karachi | 9:30 am – 5:00 pm

2 Separate Programs

COURSE OVERVIEW

These two sessions are aimed to teach people how to communicate and be creative allowing them to be able to function at an optimal level from a wholly relaxed state of mind and being. The story-telling and improvisational aspect of these sessions, opens up channels in participants minds that allow them to take initiative, be creative, be spontaneous, think quickly and remove any internal hindrances to stepping forward and participating – all done through play and experiential learning.

COMMUNICATION

Communication is 7% verbal, 55% body language and 38% tone of voice. 93% of our communication is non-verbal. Theatre teaches us how to master our non-verbal communication and allows us to communicate clearly, succinctly and effectively while fully engaging our body language, expressions and tone of voice. This program will teach each participant to align their intention with what they are saying, allowing them to deliver an effective message that influences, impacts and inspires.

CREATIVITY & INNOVATION

Without ideas neither performances nor businesses would exist. Working in today's world requires the ability to creatively innovate and steer a team in an ever-changing business environment. The story-telling and improvisational aspect of these sessions, opens up channels in participants minds that allows them to be creative in ways they couldn't have previously imagined, as a result of being able to open up in a space that is free of judgments, where there is no such thing as a mistake and everyone can freely connect with their inner child, the ultimate source of creativity and innovation.

WHO SHOULD ATTEND:

This 2 separate courses are recommended for:

- Professionals of all levels who want to enhance their communication skills and maximize their performance.
- Professionals of all levels who wish to foster and promote creativity and innovation in the workplace.

INVESTMENT

<p>Course-1 Theatre for Communication PKR 25,000 +SST Per Participant</p>	<p>Course-2 Theatre for Creativity & Innovation PKR 25,000 +SST Per Participant</p>
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2-Day Discount Package – PKR 35,000 +SST

Course Facilitators:

OMAR FAROOQ



- Director TALK!
- Founder of O's Organic Honey
- Executive Producer at Vinyl Studios
- Former Assistant Director at ARY Digital
- Former News Anchor at Geo Television Network

MEHREEN FAROOQ



- Director TALK!
- Masters in Text & Performance from Royal Academy of Dramatic Arts (RADA) London
- Artistic Director, Independent Theatre, Pakistan
- Performer Universal Studios, Singapore
- Facilitator & Performer, ACT 3 Theatrics, Singapore
- Debate Coach, Debate Association, Singapore
- Public Speaking Coach, Toastmasters, Singapore
- Event Manager And Coordinator, Lotto Carpets Gallery Singapore

Fee Includes:

Course material, certificate of attendance, lunch, refreshments & business networking

Send your cheque in favor of Octara Private Limited
To: **Umair Tariq, Admin & Accounts Executive**
Octara Private Limited - 1/E-37, Block-6, P.E.C.H.S., Karachi.
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Helping You Succeed!

The Manager as Actor : The Office as Stage

Course-1

THEATRE FOR COMMUNICATION

September 24, 2019 | Marriott Hotel-Karachi | 9:30 am – 5:00 pm

Course Agenda:

Session 1

INTRODUCTION

- Who we are
- How we work
- Participant introductions
- Participant expectations and problems faced in communication
- Ground rules for session

ICE BREAKERS & FOCUS GAMES

- Ball tag (Listening)
- Zip Zap Boing (Focus)
- Bamboo Catch (Focus and Listening)

Session 2

PHILOSOPHY OF COMMUNICATION

- Detailed explanation of TALK's philosophy of communication

BODY NEUTRAL

- Achieving relaxed readiness through body neutral
- Finding your zero and staying there
- Mastering unspoken communication

ROOT INTENTION IN COMMUNICATION

- Changing root intention to allow a natural shift in body language and tone of voice
- Understanding and reading vibes

Session 3

DICTION AND TONE OF VOICE – THEATRE ACTIVITIES

- Enunciation and how the muscles of the mouth come together to form speech
- Articulation and its linkage to a clear mind
- Tone of voice and its impact on meaning

CONTACT IMPROVISATION

- Being comfortable with vulnerability allows us to be more open and leads to more authentic connections
- Mirror game- to boost person to person connectivity
- Eye contact and facial expression control- giving the subconscious message of safety

Session 4

BREATHING CORRECTLY FOR COMMUNICATION

- Discovering the difference between relaxed and anxious breathing
- How anxious breathing in times of stress limits ability to speak freely
- Over-coming fear through specially designed breathing techniques

REFLECTIONS

- Wrap up
- Question and Answer session

Learning Outcomes:

- **FINDING** your authentic / natural voice
- **UNDERSTANDING** relaxed readiness
- **BECOMING** an expert communicator
- **UNDERSTANDING** body language and tone of voice
- **BECOMING** self-aware
- **EXERCISING** emotional intelligence and empathy
- **BUILDING** relationships
- **LEADERSHIP** Skills (empathy | influence and impact)

Course-2

THEATRE FOR CREATIVITY & INNOVATION

September 25, 2019 | Marriott Hotel-Karachi | 9:30 am – 5:00 pm

Course Agenda:

Session 1

WARM UPS

- Theatre warm up and focus games
- Body neutral

PHILOSOPHY OF INNOVATION AND CREATIVITY

- Universal energy as the source of all possible inspiration
- Understanding the link between universal energy and our soul
- How to draw on that connection to let ideas flow through us as opposed to trying to think up ideas
- How to translate and express that inspiration

THE IMPORTANCE OF SILENCE AND A QUIET MIND

- Meditation exercise
- Imagination exercise
- Express and describe what's in the mind's eye

Session 2

INTUITION STRENGTHENING

- Numbers game
 - Strengthen intuition as a group
 - Bridge unspoken communication and connectivity with eyes closed
 - Build group synergy and cohesiveness

ACCEPTING AND BUILDING

- "Yes! And..." story
 - Creative story telling
- Story telling improvisation games

Session 3

CHARACTER DEVELOPMENT

- Empathy
- Losing inhibitions
- Exploring the spectrum of human emotions and expression
- Using tonality to fit given character, letting emotion and intention drive character

Session 4

IMPROVISATIONAL COMEDY

- Questions only
- Party game
- Press Conference
- Narrator game

REFLECTIONS

- Wrap up
- Question and Answer session

Learning Outcomes:

- **UNDERSTAND** different perspectives on why creativity matters
- **RECOGNIZING** the barriers and blockages to creativity
- **CONSIDER** cognitive aspects of creativity and how personality and individual differences might contribute
- **EXPLORE** ways in which individuals can enhance their own creative potential
- **APPRECIATE** how organizational factors, such as culture, leadership, diversity and structure can both help and hinder creativity and innovation
- **APPRECIATE** how organizations can be more strategic in their approach to creativity and innovation

Bring this program In-house at attractive discount

This workshop can be customized to suit specific needs of your organization which may lead to significant savings. Please contact Naveed Rahim at naveed.rahim@octara.com or call at 0334-3082767

For Registration & Details:

Karachi: 021-34547141, 34520093, 34536306

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