

GRINDSTONE

Theatre School

Improv 100 - Anxiety, Stage Un/Fright Un/Freeze Un/Fight

PREREQUISITE: None needed

COST: \$310 EB | \$360 LB

AGES: 18+

INSTRUCTORS: John Battye & Anthony Goodwin

Description:

Today's hustle culture can make the thought of failure terrifying. Sometimes we step back and close up, rather than face that fear. Improv gives you the opportunity to take a deep breath, look around, and jump in feet first with confidence. Anxiety, stage fright, and a fear of failure can hold us back from being our true and authentic selves. This class will help you build a sense of self-confidence, step outside of your comfort zone, and use some core improv techniques to find your awesome and unique voice.

LEARNING OUTCOMES

Through this course, students will strive to:

Explore their feelings through storytelling games,

Identify areas in their life where conflict, tension, or fear are holding them back,

Practice being spontaneous in a safe space,

Confront fears of failure, fright, and insecurity with a sense of playful irreverence

Build confidence in their sense of self

This course is going to run at -your- pace. The process of failing, of being vulnerable, and being open in a classroom can be very scary. Our goal is to give you the space to play with your own sense of discomfort and learn how to thrive within it.

TOPICS

There will be more classes than topics, and depending on the needs of the group some may be extended over several classes. We want to take the time to play, experiment, and debrief as often as we can. A lot of the goals of this

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course are framed as questions, and we want to challenge you to find your own unique answers to them.

- 1) First Steps
 - a) Taking up space, getting comfortable in a group
 - b) What sorts of stories do we have and do we want to share?
 - c) Being silly, getting whacky, letting it all out
- 2) Speaking Up
 - a) Listening to your inner voice
 - b) How can you express an idea playfully?
 - c) Confronting and overcoming worries
- 3) The Body, the Voice
 - a) What does it mean to sit in your body?
 - b) Becoming comfortable in your unique self
 - c) Speaking as your real and authentic self
- 4) Storytelling and Feelings
 - a) How do we make tension/worry/fear fun?
 - b) What makes a story and what stories do we love?
 - c) Where do our feelings sit in our body
- 5) Techniques, Fallbacks, Life-hacks
 - a) How can we support other people in their body and voice journey?
 - b) What do we do when all else fails?
 - c) Cementing lessons learned for use in our wider life