

THE PLAY LAB: PRESENCE, TRUST & CREATIVE INTELLIGENCE

BY ALEJANDRA GIRALDO

TABLE OF CONTENT



ABOUT ME



INTRODUCTION

A brief overview of the workshop and its purpose



WORKSHOP OVERVIEW

Description of the program and its goals



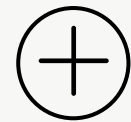
SESSION MODULES

List of 8 sessions with short descriptions



KEY OUTCOMES

What participants and teams gain



OPTIONAL ADD ONS

Extra coaching, deep dives, or follow-ups



PARTICIPANT DELIVERABLE

Personal Brand & Team Integration Sheet



CLIENT REQUIREMENTS

Space, scheduling, participation needs



ABOUT ME

Alejandra Giraldo, a Colombian actress, holds an **MFA in Acting for Film** and a Bachelor's degree in Dramatic Arts.

Her career spans **improvisation, theatre, and clowning**, with international experience touring in **Mexico, Colombia, and the United States**.

In her workshops, Alejandra **creates spaces where teams can truly meet one another**. Through play, movement, and embodied exploration, she helps teams **build trust, unlock creativity, and communicate with authenticity and presence**.

Her approach is **both rigorous and joyful**: structured enough for professional environments, yet playful enough to invite **risk, connection, and innovation**.



INTRODUCTION

Unlock your team's creativity, trust, and collaboration through play, clowning, movement, and improvisation. This program blends fun and professional growth, helping teams communicate with authenticity and solve problems creatively.



WORKSHOP OVERVIEW

- A multi-session program combining improvisation, clowning, and collaborative movement to strengthen:
 - Team cohesion and trust
 - Creativity and problem-solving
 - Confidence, presence, and authentic communication



SESSION MODULES

- **Foundations of Play & Presence:** Icebreakers, warm-ups, and self-awareness exercises
- **Listening & Ensemble Awareness:** Partner and group improvisation to enhance attentiveness
- **Trust & Collaboration:** Team exercises to strengthen connection and shared risk-taking
- **Creative Problem-Solving:** Applied improv scenarios for innovation under pressure
- **Personal Expression & Brand:** Clowning exercises to explore individuality and professional style
- **Applying Skills in Teams:** Real-world challenges integrating prior modules
- **Integration & Advanced Practice:** Complex exercises consolidating all skills
- **Program Wrap-Up & Action Plan:** Personal Brand & Team Integration Sheet and reflection

KEY OUTCOMES AND BENEFITS



Participants will gain:

- Greater confidence and presence
- Stronger teamwork and trust
- Enhanced creative problem-solving skills
- Clarity on personal strengths and style
- Increased resilience and openness to new ideas

OPTIONAL ADD-ONS / CUSTOMIZATIONS



- One-on-one or team coaching



Extra modules for leadership, innovation, or creativity



Curriculum tailored to specific company culture or industry



Follow-up or refresher sessions

PARTICIPANT DELIVERABLE



Each participant completes a Personal Brand & Team Integration Sheet capturing:

- Individual strengths and style
- Unique contributions to the team
- Action steps to apply learning in daily work

CLIENT REQUIREMENTS



- Empty space suitable for movement and group exercises
- Full participant engagement
- Comfortable clothing for movement
- Adequate lighting and minimal distractions



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