

**Work,
play,
repeat.**

**Creative Sessions
Alejandra Giraldo**

Meet Alejandra

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

Her professional path thrives through improvisation, theatre, and clowning, disciplines that have taken her to work and tour internationally across Mexico, Colombia, and the United States.

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

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



Sessions



The Courage to Be Seen

**CLOWNING &
AUTHENTIC PRESENCE**

Self-Discovery · Personal
Brand · Public Speaking



Yes, And: The Art of Working Together

IMPROV FOR TEAMS

Collaboration · Trust ·
Innovation



Move Together

**PHYSICAL THEATRE &
CREATIVE MOVEMENT**

Embodiment · Play ·
Teamwork

The Courage to be Seen

Ideal for:

Professionals, creatives, educators, and anyone interested in **personal growth and public presence**.

A playful and insightful clown-based workshop focused on **self-discovery, authenticity, and communication**.

Participants explore their unique way of thinking, reacting, and expressing themselves. Using **clowning tools**, they learn how to embrace imperfections, turn vulnerability into strength, and access confidence when speaking in public or leading a group.

This is not about being funny, it's about being fully present, human and learning how to **express your own brand**.

Key benefits:

Increased confidence and authenticity - Clearer sense of personal brand - Ease with public speaking - Self-acceptance and Creative freedom

CLOWNING & AUTHENTIC PRESENCE



Group Workshop | 30–90 minutes

Yes, And: The Art of Working Together

Ideal for:

Teams, organizations, creative groups, and mixed-experience participants.
No prior performance experience required.

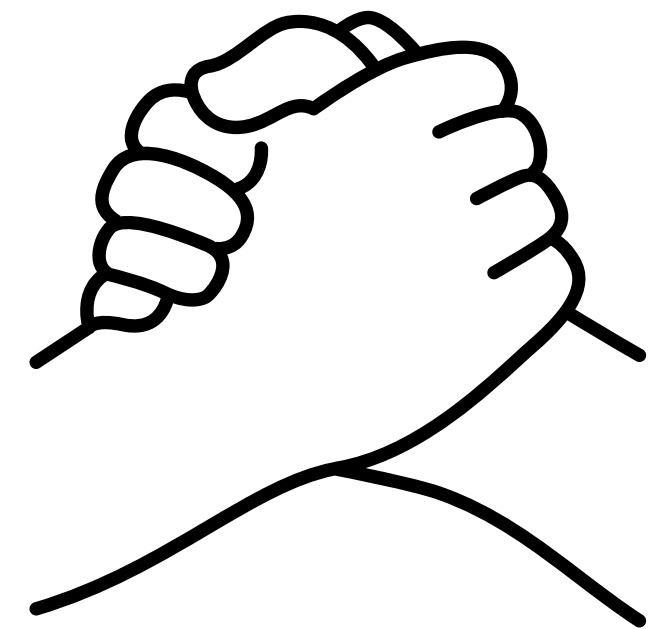
A high-energy, interactive **improvisation session** designed to **strengthen teamwork, trust, and creative problem-solving.**

Through guided improv games and ensemble exercises, participants practice **deep listening, adaptability, and collective thinking.** The experience encourages collaboration, risk-taking, and a strong sense of group connection, all while having fun.

Key benefits:

Team cohesion and trust - Innovative and flexible thinking - Improved communication - Creative problem-solving under pressure

IMPROV FOR TEAMS



Group Workshop | 30–90 minutes

Ideal for:

Teams, community groups, wellness-focused events, and mixed-ability participants.

A dynamic physical experience **combining physical theatre, basic contemporary dance tools, and collaborative movement exercises.**

This workshop reframes physical activity as playful, creative, and accessible. Participants move together, create together, and engage their bodies while strengthening teamwork and collective energy.

No dance experience required, all bodies are welcome.

Key benefits:

Increased energy and focus - Mind-body connection - Team bonding through movement - Joyful, non-intimidating physical activity

Move Together

PHYSICAL THEATRE & CREATIVE MOVEMENT



Group Workshop | 15–75 minutes

Alejandra Giraldo

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