

**ALEKSANDRA DEMSE, Mag Art**

**WORKSHOPS (all rights reserved):**

**1) *Acting for Presence & Expression: A Theatre - Based Confidence Workshop***

**Overview**

A playful, energizing workshop that uses acting techniques to help participants develop presence, spontaneity, and expressive communication. Through movement, voice work, and character exploration, participants discover new ways to connect, collaborate, and express themselves with authenticity.

**What Participants Experience**

Warm-ups that activate creativity and body awareness

Voice and breath exercises for grounded communication

Character-based activities that unlock expression and emotional range

Partner and group exercises that build trust and connection

Playful improvisation that encourages spontaneity and confidence

**Outcomes**

Participants gain a stronger presence, improved communication, and a renewed sense of creativity; ideal for teams seeking connection, confidence, and expressive freedom.

**Format**

60–90 minutes | Group size: 8–20 | No acting experience required

## ***2) Improv for Teams: Creativity, Collaboration & Quick Thinking***

### **Overview**

An interactive improvisation workshop designed to strengthen teamwork, adaptability, and creative problem - solving. Improv encourages participants to listen deeply, respond authentically, and embrace a “yes - and” mindset that supports collaboration and innovation.

### **What Participants Experience**

Improv games that build trust and group cohesion

Exercises that develop quick thinking and creative flexibility

Communication challenges that encourage active listening

Collaborative storytelling and scene - building

A fun, energising environment that reduces self- consciousness

### **Outcomes**

Teams leave more connected, more open to new ideas, and better equipped to communicate and collaborate under pressure.

### **Format**

45–90 minutes | Group size: 10–25 | High- energy and accessible

### ***3) Puppetry for Creativity & Emotional Intelligence***

#### **Overview**

A unique workshop that uses puppetry as a tool for creativity, emotional expression, and communication. Puppets create a playful distance that allows participants to explore voice, character, and storytelling in a safe, imaginative way.

#### **What Participants Experience**

Introduction to puppetry techniques (movement, voice, character)

Creative exercises that explore emotion, expression, and perspective

Improvised scenes that encourage collaboration and empathy

Hands - on puppet animation and character creation

#### **Outcomes**

Participants gain confidence, emotional awareness, and expressive creativity freedom.

#### **Format**

60–90 minutes | Group size: 6–20 | Materials provided