

ImprovWorks! of San Francisco, California brings Magic to The Netherlands

Beyond Your Boundaries



Tuesday, September 21st
10am to 5:30pm

with Sue Walden of ImprovWorks!

A one-day workshop for people wishing to expand into their natural confidence, resourcefulness & spontaneous creativity.

The Workshop:

What happens when an improviser (or anyone) moves totally into the present and totally out of planning, expectations, judgments, limits and fears? They may discover a deep well of creativity, hidden in the place called "unknown". If they can let go and invite/allow for whatever shows up, then the deep wellspring will flow.

This session will be filled with exercises and experiences that will guide you into accessing the creative realm on the other side of your mind and ego.

By participating in this day-long workshop, you will...

Identify observed and hidden blocks to your creativity

Playfully bust 5 common limiting ideas

Increase your courage and confidence to try things that you previously avoided

Go home with new activities/exercises to use with your clients (and friends)

Be prepared to be excited, challenged and surprised!

What Participants Say about this Workshop:

"This workshop has had a long-lasting impact on how I think and feel about creativity and life in general. Over the course of the workshop Sue built a framework for understanding the blocks to creative expression that I found to be illuminating and profound. It was also great fun as Sue created a safe space within which we felt free to explore and have adventures."

~ Ellen Pruyne, Learning Consultant, London, UK

"Whether you're an actor, improviser, coach or trainer - there is something for everyone in this unique workshop. In addition to it being inspiring and great fun, the lessons you learn will be applicable to the real world the very next day"

~ Sital Ruparelia, Career & Talent Management Expert, London, UK

What Clients/past program participants Say about Sue Walden

"The work Sue did with us during the Leadership Program was invaluable. I loved her energy, passion and sheer joy for what she does and how she does it."

~ Tony Barton, Red Kite Life Coaching, Sutton Coldfield, Birmingham UK

"Sue provides simple, practical tools for your toolkit." ~ Linda Merchant, consultant, San Francisco

"Sue Walden is a terrific facilitator, who puts together totally engaging activities that always deliver a true learning experience." ~ Paul Z Jackson, consultant, The Solutions Focus, St. Albans, UK



Location: Jeugdtheaterschool in Gouda (www.jeugdtheaterschool.nl/)

Registration:

€95 early registration discount when paid by Sept. 12 / €125 Sept 13-19

Limited space. Register: <http://www.f-act.com/suewalden/> in advance/cash on the 20th

Questions? email Sue@improvworks.org

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