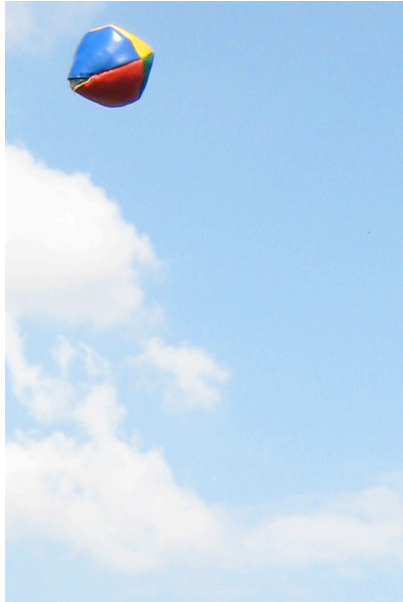


Clowning for Facilitators

Explore awareness and presence as a facilitator using clown and physical play

Run by **Rachael West**, *The Engineer Who Ran Away to the Circus* and strategic facilitator.



This workshop is a unique opportunity to use concepts from performance and clown to help you develop your awareness and presence as a facilitator and communicator through physical practice, play and reflection.

No red noses or face paint in this session! Rather, an introduction to the stillness, complicité and openness that beginner clowns practice over and over in order to fully express themselves for the joy of their audience, with presence and apparent spontaneity. We will explore:

- using physical play to get out of your head and into your body
- the art of doing nothing
- presence, connection and readiness to deal with what comes up
- the responsibility of self-awareness in presence as a facilitator
- rhythm and pace
- complicité with our co-clown (or co-facilitator) and audience

Through clown we connect with our physicality, energy and intention to be in a space for openness, energy and authenticity. We develop the intangible aspects that make good facilitators and communicators stand out: how to read a room, build connections with people, and create the kind of energy that encourages interaction. We trust that anything works because we have the confidence and self-awareness to make it so.

Maximum 12 participants.

“I guess it confirmed my approach to facilitating – that it’s firstly about the *being* and then the *doing*...”

Lucy Ridsdale, Under Seven Skies, Jan 2010

About the facilitator

Rachael West has facilitated change and strategic projects in the built environment, public and third sectors in both Australia and the UK. Her first degree was in Civil and Construction Engineering, completed with first class honours and as the 2001 recipient of Engineers Australia's Digby Leach Award.

In January 2010 Rachael ran away to the circus in Sheffield to explore the use of performance and physical creativity in the workplace. She has since completed a University Diploma of Yogic Education in France, where her action-research project into awareness through movement and workplace stress earned a mention *très bien*.

Rachael has run *Improvisation for Technical People* and *Clowning for Facilitators* for groups as diverse as electrical engineers in Western Australia's public sector and social entrepreneurs in London. At the 2011 Engineers Without Borders Conference, Rachael's opening handstand received a round of applause and she led more than 100 engineers through improvisation games that helped them think laterally about making a greater social impact through their everyday work.

To book:

Rachael West - 0450 393 336 or rachaelclairewest@gmail.com.

Read more:

www.strategiccreativityatwork.wordpress.com (awareness at work) and www.whatmybodywants.wordpress.com (learning through the body).

"The workshop leaders were professional, experienced and able to read the room."

"Fantastic."

"Provides focus and value to intuitive skills."

"I'm going to be more aware of being still, silent, purposeful."

"Thank you."

"I understood that there are MILLIONS of ways through which to understand and engage a group of people."