



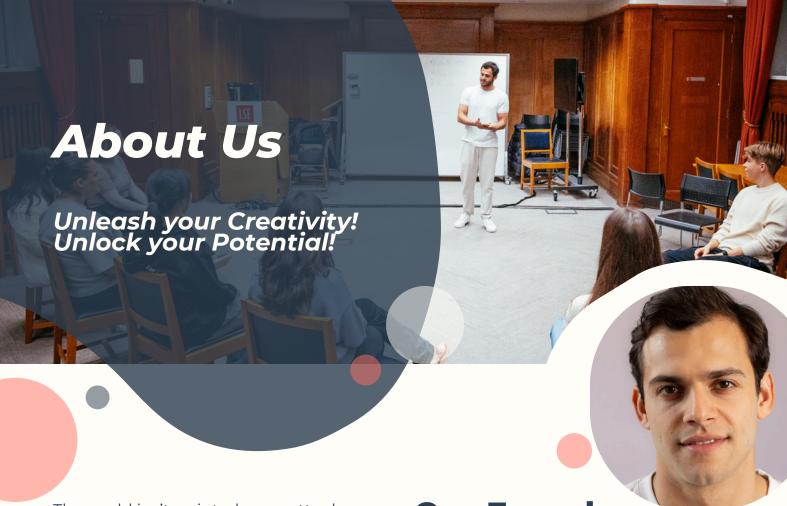


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The world isn't scripted, no matter how hard we try. The journey to confident communication starts by finding confidence in yourself.

Using experiential methods like improv, role-play, and storytelling, we help your students discover their authentic style and, in doing so, their voice.

<u>Our mission</u> is to provide a safe, supportive environment for personal development.

Our Founder

- Connor's experience spans across entertainment, education, and corporations
- He has worked as an actor across stage, TV & Film, and led many improv theatre groups, affording him the skillset required to assist in personal development
- Training offers a blend of performance, professionalism, and development.

Who We Work With

We work with learners from **Key Stage 2** through to **University** level and beyond. Our programmes are delivered in secondary schools, sixth forms, universities, and youth organisations, with tailored offerings also available for teacher training, corporate teams, and adult learners.

Whether it's a classroom, a staffroom, or a boardroom, our experiential approach applies to every stage of growth!



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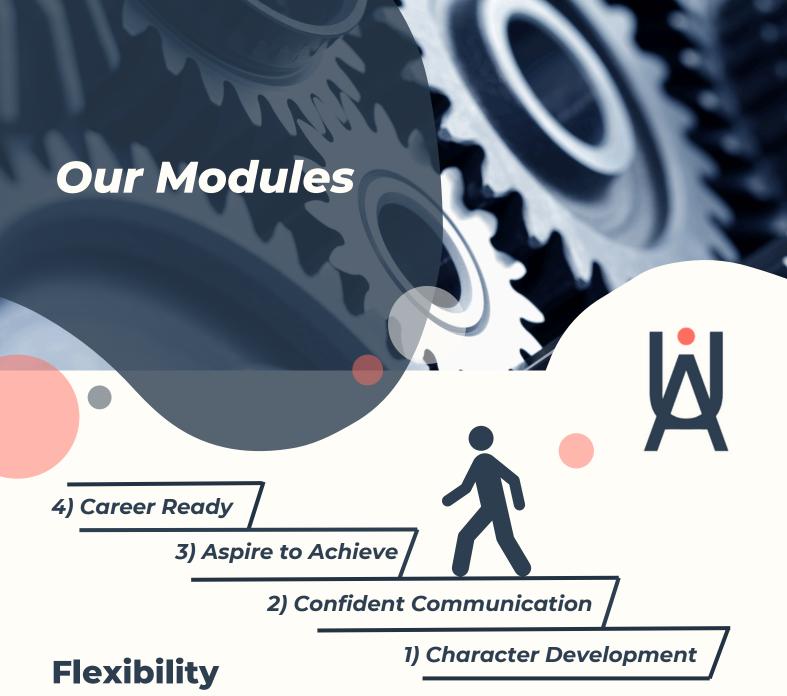
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Our modules are split into **six** units.

Each module is designed to span a full term. This would consist of a weekly 90-min workshop, with the performance/assessment delivered in their final session.

However... whilst our module themes are carefully structured, how they are delivered is completely up to you.

These units can be delivered with the ongoing module or as one-off workshops.

Choose the timing and frequency that best fit your school's needs.

Min. Duration: 1.5 hrs

Max. Capacity: 16 Participants



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O Unit	Key Focus
Exploring Stories	 The skeleton of a story What makes a good story? Exercises: Story dissection, Group storytelling
Building Characters	 Motivation, desire and backstory Character voice and movement Exercises: Impov character scenes, Hot seating
Structure & Transformation	 Mapping story arcs/character transformation Adaptability in letting change emerge Exercises: Cause-and-effect sequencing, Improv
Voice, Tone & Perspective	 Understanding narrative perspective Tone to shape mood, energy & interpretation Exercises: Tone-switch rewrites, narration tests
Dialogue & Monologue	 Contrasting thought and intention Playing with silence, timing, and rhythm Exercises: Interruption & subtext games
Final Performance	In the final performance, students will devise an original story or character piece, using physicality and vocal tools to showcase their understanding of different characteristics.





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"The best stories always end up being about the people rather than the event, which is to say character-driven."

- Stephen King





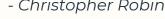
O Unit	Key Focus
Finding your Voice	 Personal communication styles Finding comfort in vulnerability Exercises: "I Am" monologues, Improv
Embracing Failure	 Redefining failure as necessary Resilience & emotional recovery Exercises: Roleplay setbacks, Hot seat Q&A
Listening as Power	 Active & empathetic listening skills Read between the lines: non-verbal cues Exercises: Mirroring, Eye-contact/silence drill
Owning the Room	 Holding attention Connecting to your audience Exercises: Power poses, joke vs. truth speech
Speak with Purpose	 Match content, emotion, and intention Voice dynamics to elevate your message Exercises: Project/pace, passion speeches
Final Performance	In the final performance, students will be expected to deliver a 5-minute monologue or speech to the group, communicating their ideas and conveying confidence.



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"You are braver than you believe, stronger than you seem, and smarter than you think." - Christopher Robin







O Unit	Key Focus
Who am I?	 Exploring personal identity, values & beliefs Personal strengths and growth areas Exercises: Personal timelines, Identity maps
Setting Personal Goals	 Identifying meaningful personal aspirations Creating actionable steps Exercises: SMART goal setting, Vision boards
Emotional Awareness	 Emotional regulation in hard situations Developing empathy by listening Exercises: Roleplay scenarios, Journalling
Giving & Receiving Feedback	 Giving empathetic, constructive feedback Building resilience and reflection skills Exercises: Feedback circles, "Glow & Grow"
Crafting your Future	 Visualisation & manifestation techniques Aligning actions with future visions Exercises: Guided visualisation, Goal mapping
Final Performance	In the final performance, students will tell a story about themselves in 10 years time. They will take questions and use their newfound sense of authenticity to drive storytelling passion.



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"We are not who we might have been or who we would like to be. We are exactly who we are." - Eric Maisel





Unit	Key Focus
Managing Nerves	 Physical and mental grounding techniques Staying calm and embracing failure Exercises: Breathwork, Grounding drills, Improv
Presentations & Storytelling	 Story structuring for maximum engagement Narration for authentic audience connection Exercises: Peer storytelling, Visual storyboarding
Public Speaking: Non-Verbal	 Intentional physical presence Posture, eye contact, gestures, and space Exercises: Silent stories, Gibberish improv
Public Speaking: Verbal	 Emphasis, tone, and rhythm Vocal clarity, projection, and pace Exercises: Articulation drills, Emotion improv
Interview Adaptability	 Demonstrating confidence under pressure Adapting to unexpected/challenging Q's Exercises: Interview role-play, STAR method
Final Performance	In the final performance, students will be expected to deliver an unscripted presentation and take questions, putting everything learned up until this point into practice.





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"Education is the passport to the future, for tomorrow belongs to those who prepare for it today." - Malcolm X



