



ALTER NETWORK

Info Letter



# Body Awareness & Public Speaking



**APPLY HERE**

**Dear you,**

As actors and trainers, we work all the time with our bodies. We move, we speak, we feel and express. It is not about a talent that we have been born with, but about training, everyday work and practice.

Body awareness, public speaking, storytelling... those are all skills you can learn and practice in this 6 - weeks course.

This course will improve your communication skills, you will learn how to centre and ground your body, how to be aware of your emotions and be more confident when it comes to performing and speaking.

Most of all this course is to connect with yourself - with your body, voice and personal story!



# Learning outcomes



## Body Awareness

We will work with our bodies in simple exercises, we will explore how our thoughts form emotions and then how our emotions affect and shape our behaviour. We will practice centring and grounding that can bring balance in your daily life and support your performance in situations when you feel stress.

## Storytelling

We will do together storytelling exercises and explore some basic storytelling techniques that you can use in your daily life: work, pitching, with friends and loved ones. They will make you better storyteller and support you to easily catch the attention when you speak.

## Public Speaking

We will train the voice and practice together public speaking. We have some tips and tricks to share!



# THE TRAINERS

## IVO YONCHEV

Ivo is an actor and director. He has more than 14 years of professional experience in the fields of cinema, television and theatre. He is a director of the theatrical play "When the Cat Is gone", played for more than 4 years in Bulgaria and abroad.

Ivo works also as a youth worker, providing training for young people and youth workers. He is a co-founder of Association Rasmah and ALTER Network.

His hobby is to travel around the world and to explore art.



# THE TRAINERS

## JOANNA NIKOLOVA

With background in Cultural Anthropology and Theatre, Joanna works in the field of non-formal education. She does Theatre of the Oppressed training courses and workshops. She uses theatre based methods in her coaching practice as well.

Joanna is a founder of the coaching platform Environ.Mental and co-founder of ALTER Network. At the moment she works with Association Rasmah, Bulgaria and volunteer at Olde Vechte Foundation, the Netherlands.





**PLACE: ZOOM,  
ONLINE**



**TUESDAYS**  
**16, 23, 30 MARCH**  
**06, 13, 20 APRIL**



**TIME**  
**18:30 CET**

AFTER YOU FILL THE APPLICATION FORM, YOU  
WILL RECEIVE AN EMAIL WITH PRACTICAL  
INFORMATION (BANK ACCOUNT FOR TRANSFER,  
ZOOM LINK, WHATSAPP GROUP)

# Participation fee

60 EUR  
FOR 6 SESSIONS

[APPLY  
HERE](#)



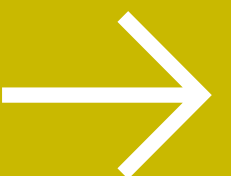


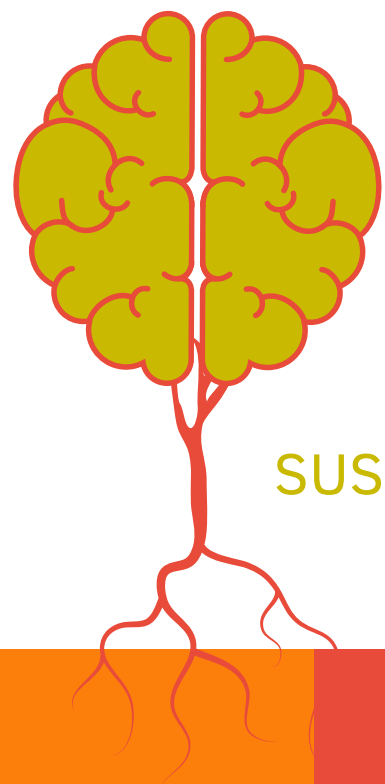
**ALTER NETWORK**

# We are

ALTER Network is a Bulgarian non-governmental organization that provides educational opportunities for young people from all over Europe. Our mission is to promote free expression and personal development by using theatre-based methodologies and embodied learning. We deeply believe that each person has the right to express their creative force and to exist in the world as they are. We work on topics like sex education, soft skills, communication and equality. Our team is from Bulgaria, Italy and Spain and our dream is to reach people from different parts of EU.

More about us [here](#).





SUSTAINABILITY



CREATIVITY



FREEDOM OF EXPRESSION AND  
CRITICAL THINKING FOR A  
PEACEFUL AND CREATIVE  
WORLD!

# Our core values



KNOWLEDGE

LEARNING OPPORTUNITIES FOR YOUNG  
PEOPLE BY THEATRE-BASED  
METHODOLOGIES FOR NON-FORMAL  
EDUCATION!







**ALTER NETWORK**

**Thank you!**



For more information:

[office@alternetwork.org](mailto:office@alternetwork.org)