



ALTER NETWORK

Info Letter



# Improv & Body Awareness





APPLY HERE

**Dear you,**

If you would like to bring more aliveness and playfulness to your work (and private life), if you want more spontaneity and creativity around you and if you would like to connect with people beyond words, then JOIN US for this 5-weeks Training Course on Body Awareness and Improv Theatre!

We designed this course for youth and social workers, ESC mentors and volunteers, coaches and trainers who want to enrich their toolkit and find new communication channels to connect with their clients.

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 improvisation.



# 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.

## Improv Theatre

We will learn to use Improv when working with people so that we can bring spontaneity and communicate better.

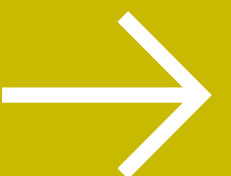


# THE TRAINERS

## GEMMA ARAGONES

Gemma is a social worker, trainer, and clown with experience in working with youth, people with disabilities and within the prison system. She works with groups at risk of social exclusion using non-formal education and performing arts to foster self-learning, reflection, and empowerment.

Co-founder of Alter Network and working as a circus trainer and clown at the moment.





# THE TRAINERS

## JOANNA NIKOLOVA

With a 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 and when working with young people from different backgrounds.

Joanna is a co-founder of the coaching platform Environ.Mental and co-founder of ALTER Network.





**PLACE: ZOOM,  
ONLINE**



**TUESDAYS  
11,18,25 MAY  
01,08 JUNE**



**TIME  
19:30 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 5 SESSIONS

APPLY  
HERE





**ALTER NETWORK**

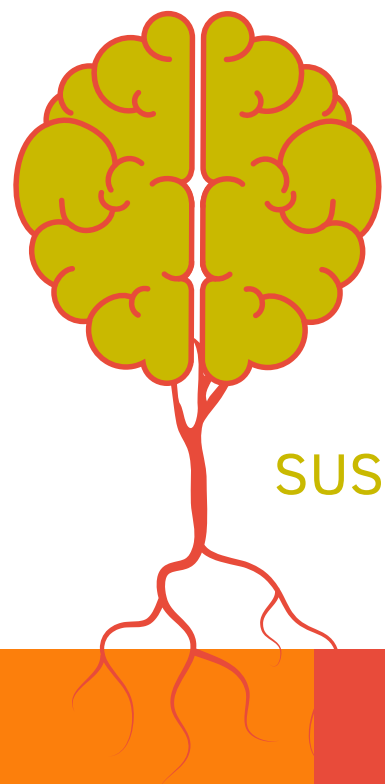
# We are

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)