

SUNRISE SPEECH-LANGUAGE SERVICES

USE OF IMPROV TO BOOST PERSONAL CONFIDENCE

Under the instruction of Dr. Bob Domingo, Actor & Director with more than 40 years of experience
Working with persons who want to be more comfortable in their interactions with others,
And even more years “just having fun!”

Shy? Difficulty making friends? Anxious in public speaking situations?

**New classes forming now
To accommodate your varied life and work schedules**

This class is open to ALL adults who struggle with social communication in a variety of settings. It is designed to introduce and incorporate various performance arts (improv, voice, movement, story-telling, percussion) to help people work together creatively to develop interpersonal, social communication skills while engaging in cooperative teamwork with one another. The end result of these classes will be to create a performance piece to highlight learned social, interpersonal communication skills. Persons with special needs are welcome.

During weekly exercises, participants will be introduced to various performance activities such as improv, voice, body movement, story-telling and percussion. These tools will be used to create opportunities that support specific interpersonal skills in a safe environment. These skills range from simple *eye contact*, *topic initiation* and *turn taking* (traits needed to conduct conversations successfully); to more developed skills such as *sensitivity to the listener* and *word association skills* (needed for vocabulary development and development of topic relatedness); to advanced skills such as *self-advocacy* (that enable people to speak for themselves to explain their thoughts, feelings and needs).

Individuals will engage in improv exercises and other performance activities in solo or small group settings that create a sense of trust and reliance on one another. Participants will develop and deepen their own social awareness as well exhibit developing social and cognitive awareness of others who might possess different skill levels. They will learn how improv and other performance activities create a context for cooperative team building, even among individuals who either do not know one another at the start of class, or for those who exhibit limited confidence when speaking with others. They will discover how the social skills they acquire during these classes can be generalized to other settings, to make them more empathetic and effective communicators with friends and families at home and in the community, as well as more valued employees in the workplace.

Entry Criteria:

Any person who is hesitant to speak either in public or work, or with others in general, and who wishes to build self-confidence is invited to attend. Participants must possess some ability to communicate and be able to respond to directions. All persons will participate in group "circle" exercises and encourage one another to interact with every other group member, in order to learn new skills while developing relationships with one another in the performance of various theatre games.

Classes are inclusive of ALL individuals regardless of background.

Persons with special needs are welcome to participate!

Location:

ON-LINE!

Dates and Times:

Saturdays, July 11 to August 29, from 11:30 AM to 12:30 PM

Dress Code:

Come as you are. After all, you're home!

Instructor:

Bob Domingo, Ph.D.

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(516) 225-2821

Fees:

\$35 per class x 8 sessions = \$280.00, **Paid in Advance.**

**Please mail check made out to Sunrise Speech and Language and mail to:
47 Fenway
Rockville Centre, NY 11570**

**NOTE: Those with self-direction are eligible for reimbursement through
OPWDD funding**

Weekly Sessions:

Each week different aspects of creative interaction will be introduced to the group circle, focusing on each of the 5 performance areas:

- **Voice** - Focus on the sounds produced by the human voice, in both words and song, to convey one's thoughts, ideas, opinions, attitudes, emotions or feelings; focus on breathing exercises at the start of each session to maximize vocal output and frequency range

- **Body Movements** - The process of communicating emotions, messages or ideas to one another nonverbally, gesturally and through facial expressions, via conscious or reflexive physical movements
- **Story Telling** - The activity of telling or interpreting a story; historically viewed as an oral tradition that passes on tales and lessons from one generation to the next; short stories used to convey lessons or morals
- **Percussion** - Clapping, tapping or foot stomping to create patterns of physical, emotional or mental connections (Bio-rhythms). Drumming was formed as an early nonverbal communication system among people over large distances
- **Improvisation** – Performances that are improvised or created without prior preparation or scripts; the activity of making or doing something not planned beforehand, using whatever can be found – everyday objects or real/imagined “props”

Class Structure:

As we progress from week to week, activities will be selected from a wide array of theatre-based games and exercises (from “ice-breakers” to “brain breakers” to “sharing control” to “telling stories”), selected on the basis of how well participants do from one class to the next, as they build and develop their confidence and interactions with one another. Areas to develop will include both spoken and non-spoken communicative routines, using the voice and body, as well as gestures and facial expressions, to convey ideas to one another within scenes.

Principles of Improv:

Participants will be introduced to the main principles of improv, which stress the establishment of WHERE, WHO and WHY between and among individuals in spontaneously made-up scenes. Through their words and actions, they help establish:

- *Where* the action is occurring;
- *Who* is engaged in each scene; and
- *Why* they are doing the actions being done.

Yes And:

Participants are encouraged to *go with it*, and accept what each partner in the scene is contributing.

Group members learn that their interactions are not *competitive* but *collaborative* with one another. What a fellow group member proposes as truth within a scene is accepted without question and then added to.

Be *fully present* in the moment and *fully attentive* to what is being constructed.

Be both *active* and *reactive*.

Wrap Up:

At the conclusion of each class, a wrap up of the strengths and limitations of each activity will be reviewed as a means of preparing the group for the next class. Suggestions made by group members are incorporated into later activities.