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The Use of Theater in Training

Actress, director, trainer, I create and produce communication modules within different organizations. An exercise in theatricality, my specificity is the construction of these modules by using the tools of theater.

- Improvisation makes the free expression of all kinds of concerns possible but always within a well-defined framework. To construct the plot, I use a method of questioning. Two questions, for example, are essential to this construction: What is my objective in this sequence and what is my obstacle? Improvisation also makes possible the implementation of personal sensibility and attention in order to communicate with others and above all to combine one's project with the uncertainty of the present.
- A textual project, a project of articulation, projection and address. This project also offers the transference of tensions (projection of one's own emotions about people and situations), the development of interpretive abilities, the autonomy of one's own reading, analysis and perspective. A project of the body, of relation and an organization of thought and the structure of expression.

Theater offers a playful space. It is located on the borders of writing and speech (book/stage), a space of difference, metaphorically empty, much like that gaping emptiness necessary for movement which is called "play" or "work". Play is therefore a motor, a dynamics, this movement which makes possible the awakening of hidden abilities of involvement, spontaneity and creativity. It allows one to take the necessary distance for the analysis of problems, proposes a questioning of reality and appearance, and permits a self-understanding of individuality, a questioning of the uniqueness of one's being, through the view each individual has to offer about directions, situations, a text, etc.

On the boarder of fiction and reality, of the serious and the playful, theater brings to light, only by the intermediary of a space designated as play area, questions linked to identity (Who is speaking inside me? Who is acting inside me?), to representation (to accept to be exposed to the other), to space (designated location), to time (determined duration), to the other (whether he is perceived as a similar other or another other). It makes possible the putting into motion of mental representations and is directed at individual behavior modification. It privileges self-knowledge and consciousness and it is a veritable school for socialization and communication.