

Embodied Business Leadership ('Dancing Directors') - DRAFT 2

This two day course is for those who exercise leadership and decision making roles in organisations. No previous experience of dance is necessary. Participants should be prepared to move and undertake some regular physical exercise although they don't need to be athletic!

Pitch: *'Business leadership isn't easy, and making decisions is even more difficult. Our mind may direct our decisions but like it or not, we embody our decisions – we know how it feels. But say we let BOTH our body and our mind intuit the direction? In other words – whole body thinking. In this course, we'll use experiential learning and the playful physics of movement to challenge and develop our business leadership.'*

Saturday

Day/ time	Activity	Activity Description
11 am	Arrival & introductions	
	Ice breaker: ball game/ no ball game	Let's get moving! Play a simple throwing game as a group; remove ball; introduce multiple 'no-balls'.
	Trust games	Falling and catching in small groups; lifts above head (team working)
1-2pm	LUNCH	
2-4pm	Leading by following	Closed eyes/open senses exercises. Working with partner to explore leading and following. Feedback and discussion
4-4.30	BREAK - Refreshments/ Networking	
4.30-5.15	Succeeding without directing	Comparison of 'moving by direction' (eg. spiral rolls and travelling), and 'moving by outcomes and improvisation' (rolling and travelling but with hands off ground for example).
5.15-6pm	Becoming other (what is empathetic?)	This is an exercise from the 'theatre of the oppressed' retaught by Nicole Binder (at LCI): https://andrewdance.org/london-contact-improvisation/class-with-nicole-binder-on-17-march-2018/ Feedback and discussion
6-10pm	DINNER/ Networking - social dancing – a night out with dancing, networking?	

Sunday

Day/ time	Activity	Activity Description
11 am	Different outcomes, different architectures	Moving in the space on feet, different levels, orientations. Essentially, this is the Steve Batts class (at LCI) re-taught by Robert Anderson https://andrewdance.org/london-contact-improvisation/class-with-robert-anderson-on-23-september-2017/
1-2pm	LUNCH	
2-4pm	Composition with improvisation	Creating a score with dance and movement elements.
4-4.30	Performance	
4.30-5pm	Summary/Feedback/close	

