

# Juggle Project

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EXPERIENCE ACTING AND DANCING AND BUILD YOUR SELF ESTEEM

## Don't underestimate the power of your Imagination



### Online seminar **12 | 13 | 14 OCTOBER 2021**

Time: **9:00** Ireland | **10:00** The Netherlands & Poland | **11:00** Finland

Theatre and dance have great power when it comes to building self esteem and confidence. They give you a chance to be someone else for a moment, like your nemesis or biggest idol. You gain control over your body and sometimes face your greatest fears. Professionals experience theatre and dance in this seminar. They'll be educated to use them as training methods to enhance their clients' or students' learning and social skills.

## Program

[www.letsactanddance.weebly.com](http://www.letsactanddance.weebly.com)

Feel free to take as much or as little time as you need - and have - to complete the assignments. Our general rule is: "what you put in is what you get out" And that goes for everything in life. We do urge you to submit at least something of the assignment. Even if it has only been your minimal effort. There are no wrongs and rights. We've tried to put together a program that is as flexible as it is creative. Every theoretical part of the seminar/workshop will be recorded and shared with those who have partaken in the LTT. There is no need to miss anything...

## Tuesday October 12th

9:00 IE | 10:00 NL & PL | 11:00 FI

- Getting to know one another  
"Who would you be?"
- A lesson in theatre  
Guided imagination & creative thinking

12:00 IE | 13:00 NL & PL | 14:00 FI

- Working on the assignment  
"Who would you be?"

## Wednesday October 13th

9:00 IE | 10:00 NL & PL | 11:00 FI

- Reflection on the assignment  
Watching the movies
- A lesson in dance  
Use your body

12:00 IE | 13:00 NL & PL | 14:00 FI

- Working on the assignment  
"Use your body"

## Thursday October 14th

9:00 IE | 10:00 NL & PL | 11:00 FI

- Personal reflections  
Use the reflection form
- Group reflections  
Use the reflection form

12:00 IE | 13:00 NL & PL | 14:00 FI

- Evidence based theory  
& a little extra from our students