

“Touch, hear and create”

Expressive body techniques as a powerful tool for developing creativity

Edite Amorim
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“Movement behind the movement”

- ◉ *“Thinking behind the thinking”*

... In the “Gap”

- ◉ *Being among different cultures, experiences and habits.*

Body? Voice?

- How body and voice are at play in each communication and art situation.

- Looking
- Kinesics
- Appearance
- Touching
- Gestures
- Posture
- Voice

Knapp, M.

Some of the techniques

(Use it for yourself or with others)

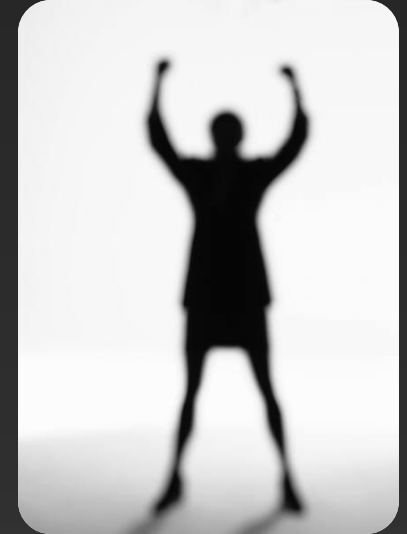
- Following the sequence:
 1. Intrapersonal
 2. Interpersonal
 3. Intragroup
 4. Intergroup
- Movement/non-movement based
- Explore different resources
 1. Draw.
 2. Move in the space and explore body possibilities. Feel your body!
 3. Use music as an emotional input and stimulating factor
 4. Get involved in interpersonal activities.
 5. Look outside the box and inside the other.
 6. And use your senses!

You could apply it to:

- Business & industry,
- Education & training,
- Communication & arts,
- Military & government,
- Science & technology
-

Some examples....

In soft-skills trainings



- *Trainings and workshops about "Public Speaking" in associations, schools, universities in Portugal, 2004-2009*

In institutions, with disabled people



- Course given to 50 professionals working with disabled people "Other ways of contact", Leiria, Portugal, 2008

At schools



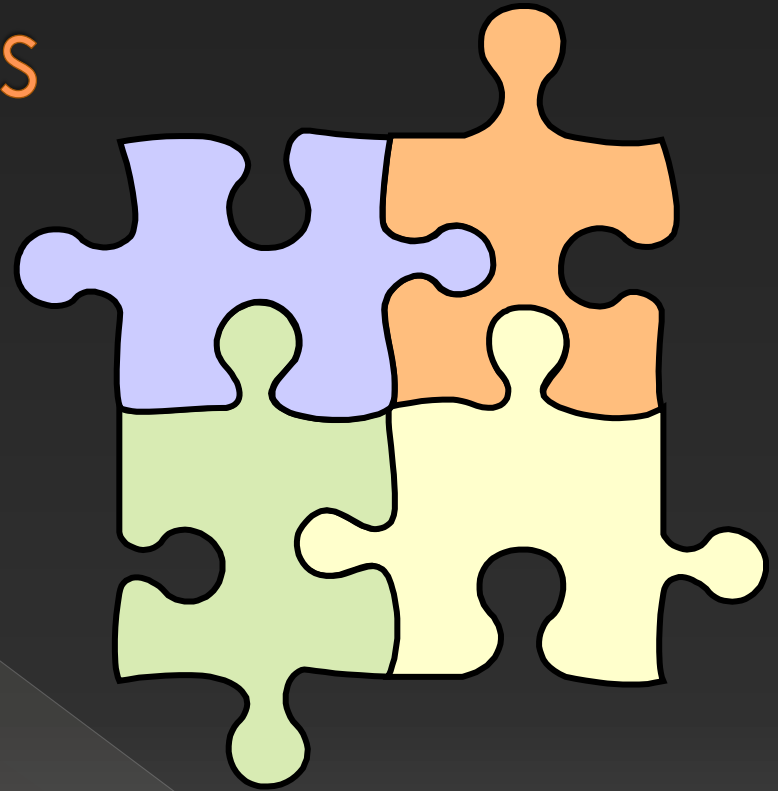
- Primary School in Portugal, 2004-2005
Activity "Body & Voice @ Play"

In companies



- Company from Barcelona, Spain. 1200 employees.
Training on “Management skills for directors”, February 2010

With art & health professionals



- Training on the use of the body for Musicians working in Hospitals, Lisbon, Portugal, 2009-2010

What about you?

HOW DO YOU DO IT?