

Personal presentation

TYPE OF ACTIVITY: Self-expression, personal development and introducing

LEARNING GOALS: Self-confidence, public speaking, actor's training

DURATION: 1 hour and a half/ 1h 45

MATERIALS: sheets of paper, pens

SPACE REQUIREMENT: if possible a stage, empty space (dancing room, for example)

TARGET GROUP (AGE): any

SIZE OF THE GROUP: around 10 participants.

DESCRIPTION:

- Ask the participants to find their own space in the room, with enough space between each of them, and to take a sheet of paper and a pen.
- Ask them to sit down comfortably, close their eyes, relax and meditate about 5 qualities they own beginning with the sentence : « I am... ».

Ex: « I am nice. I am clever.... ». Propose them to write if they prefer/need to.

*It is really important to precise to them that they should have non-judgment thoughts about them.

- Still within that meditative process (eyes are still closed), make them feel how those qualities « live » in their body which, little by little begins to move.
- When they are ready, invite them to slowly stand up (still with eyes closed) and give them 5 minutes to explore this in the space with eyes opened. They should find the movements or the gestures for each quality and create a personal 'choreography'.

Ask everybody to install themselves as a public in the one side of the room, and ask them to make one by one its personal presentation following your instructions :

- ✓ To go to the back of the room (the other side of the room, the back of the stage)
- ✓

- ✓ To stay a while with its back to the public, ☑ When they feel ready to turn and to look at the audience. They should take its time in order to feel their own fear, « how the view of the public disturbs » them. They should try to overtake it.
- ✓ When they feel ready, they should approach to the public, close enough to feel that it disturbs them again.
- ✓ To look into the eyes of each participant
- ✓ To tell something about themselves, something personal, that they want to share with the others, they have to also tell 5 qualities they own beginning with the sentence : « I am... ». They can also show their choreography.

After each presentation the public should applaud and the leader can also thank a person who has just presented for its sharing.

DEBRIEFING (Question for reflection):

In the end of this exercise, ask to the participants how they felt in front of the public you can also ask them to write some text beginning with the sentence “When I was in front of you, I...”, or “While I looked in into your eyes, I...”, or “While I should start my presentation, I....”

You can create your own sentence, the objective is to use this experience to lead them into a personal writing.

RECOMMENDATIONS:

It's important to construct a space and an ambiance of non-judgment, confidence and goodwill. Every step of the presentation is important. Instead of the qualities you can propose them to meditate about others topics: their deep motivation of actions, the ideal world, etc.