

Dialogue with Self

Empathy & Empowerment through the Magical Medium of Mask.

All learning is about the Self. Mask accelerates this learning.

During this workshop, you will be led through a process designed to:

- Work on physical, emotional & social levels, to create different ways to share and develop our Stories.
- By-pass the rational mind and reach into your instinctual Self.
- Experiment with new patterns of thinking and behaving.
- Align body movement with sound and voice, build new muscle memory and develop deep authentic presence.
- Recognise our Archetypal Roles in daily life, the ones we unconsciously occupy and the ones we need to consciously take hold of.

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Mask is a tool for non-rational coaching, by-passing the critical mind allowing us to respond instinctually and spontaneously.

Tailormade Journeys or Organisational Histories bring groups together through shared storytelling.

New scenarios can be acted out to their different conclusions and stepping into someone else's shoes develops EQ and promotes understanding of the subjective world, mindset and values of another.

"The primary secret of Mask is that it transcends language. This work is the key that unlocks silence and reveals true content." M. Kaur (Consultant Microfinance)