



BEING “THE CHANGE”

UNLOCKING EXPRESSIONS OF SELF-DISCOVERY AND SELF-AWARENESS

“We know what we are, but not what we may be” William Shakespeare

As digital technology, Artificial Intelligence, and robotics transform our society and economy and these skills become more sophisticated and powerful, we need to remind ourselves the importance of sustaining and improving skills in the areas that technology is less likely to automate, like artistic creativity, entrepreneurial and commercial flair, the empathy and social skills that create value in human interactions.

With a rapidly changing and evolving world, we are on a mission to prepare ourselves for a daunting and unknown future. The demands of a technologically driven future is pushing us more and more into an isolated space with less human-to-human interaction. People are forgetting what is going on within their own inner world. We need to pause, self-reflect, re-charge and remind ourselves of what is important to us, in order to make a difference in our own lives and leave a positive impact on others.

Being “The Change” workshop aims to develop the following skills:

- Focus and concentration
- Listening
- Communication
- Observation
- Reflection skills
- Mindfulness
- Openness to learning
- Curiosity and creativity
- Tolerance
- Patience
- Appreciation of self and others

Drawing on the Method Acting System, a product of the work of Russian actor and director Konstantin Stanislavsky, workshop offers powerful tools to employ in the process of constructive self-development and self-reflection. The unique combination of Stanislavsky’s Acting Method incorporating general drama elements and some techniques of the Neuro-linguistic programming (NLP) is what makes this workshop unique in developing better communication skills, teaching and learning techniques, improved personal and working relationships, among other benefits.

“Love the art in yourself, not yourself in the art.” Konstantin Stanislavsky

ABOUT THE WRITER/FACILITATOR

Kseniya Filinova-Bruton has a BA Degree in Theatre and Performance from University of Arts and Culture, St Petersburg, Russia. Growing up backstage in a family of actors and directors instilled a strong foundation of love and appreciation for theatre. Kseniya moved to South Africa in 1995 and now lives in Cape Town since 2004. She has over 12 years of teaching experience, 7 years at Wynberg Boys' High. In 2011, she founded The Educape Trust, a non-profit organisation that offers an exciting platform of programmes, which combine performance art and education. Kseniya is a Creative Director for Shakespeare Schools Festival SA, as well as experiences coach in offering workshops for youth and adults for personal development.



Kseniya continues her professional journey of teaching and learning. She attended number of **Neuro-linguistic programming (NLP)** courses, and has been developing the unique concept of combining the Stanislavski Acting Method principals with those of the NLP in approach to her training course she offers.

“I cannot imagine anything more important than investing in our personal development to make a success of our future and live a meaningful life. It all starts with investing in yourself.”

ABOUT THE EDUCAPE TRUST

Established in 2007, **Educape's** philosophy is influenced by a combination of experience with education and socially conscious theatre. Our programs unlock expressions of self-awareness so that we can better serve global communities by 'being the change'.



Working in this space, we have observed thousands of individuals become leaders in their own right, overcoming social limitations through creative healing. These heroes constantly inspire us to find new ways of raising awareness to meet both economic and emotional needs in communities.

Since 2001, Educape has worked with various institutions such as New Africa Theatre, AMAC, ASSITEJ, Lalela Project, Butterfly project and a number of High Schools, including Chris Hani High School, Leap Science and Maths School, Westlake Primary, as well as Vista Nova for the differently-abled, to name a few, totaling it's reach to over 2000 learners and 345 teachers over 10 years.

Workshop outline:

Three sessions of 1 hour each or one session 3 hour combined session

Materials

Aside **the venue**, it is helpful to ensure the following materials are at hand during the time of the course:

Participant: **notebook and a pen, personal objects** (example watches, wallets, lipsticks, clothing items, anything participants might have on hand)

School to provide: **Chair** for each participant; **flipchart & felt pens**

Contact **Kseniya Filinova-Bruton**

kseyiya@educape.co.za

+ 722332074

www.educapetrust.org

www.ssfsa.co.za

For more info: Stanislavsky Method

https://en.wikipedia.org/wiki/Stanylavsky%27s_system

Neuro-linguistic programming (NLP)

https://en.wikipedia.org/wiki/Neuro-linguistic_programming