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Lifelong Learning Programme

GRUNDTVIG WORKSHOP
09-Ws-GRU-004
Žen-sen, o.s., Czech Republic



Dance - feel - express

The image shows three vertical, oval-shaped figures against a dark background. The left figure is dark red and labeled 'Dance' at the top; it features a white, flowing, abstract shape resembling a dancer's form. The middle figure is light blue and labeled 'Feel' at the bottom; it features a white, abstract shape resembling a human torso with arms raised. The right figure is yellow and labeled 'Express' at the top; it features a white, abstract shape resembling a human torso with arms raised.

International workshop connecting 5 rhythms dance,
emotional intelligence and communication skills
31.7.-7.8.2010, Czech Republic

3 MAIN TOPICS OF THE WORKSHOP

The 5Rhythms®

- comprise a simple movement practice designed to release the dancer that lives in every body, no matter what its shape, size, age, limitations and experience. To find your dance is to find yourself, at your most fluid and creative level. The five rhythms are flowing, staccato, chaos, lyrical and stillness. They come together to create the Wave, a movement meditation practice. Rather than having steps to follow, each rhythm is a different energy field in which you find your own expression and choreography, thereby stretching your imagination as well as your body. Each rhythm is a teacher and you can expect to meet different and sometimes unknown aspects of yourself as your dance unfolds and your practice of the rhythms deepens over time.

Emotional intelligence

- works with an understanding and integration of our three main centers of intelligence – body, heart and mind. Self-consciousness is a starting point in this process – mapping our personal patterns and emotional patterns allows us to get more influence on our life, more freedom and trust and to become responsible for our own lives.

Communication skills

- communication is an external manifestation of the level of our emotional intelligence. Topics are going to be based on the experience from dance and emotional intelligence exercises and will lead the participants to express verbally what they have experienced and to learn new communication patterns according to this experience.

GOAL OF THE WORKSHOP

The main goal of this workshop is to focus on the links between physical, emotional and mental intelligence and to discover hidden potential of the body.

METHODS

We will follow the basic structure of 5 rhythms and then follow with emotional intelligence and communication. This workshop is also based of active participation of participants, naming their experience and working together to discover the hidden potential of the body and links to our emotions and mental abilities. We expect the participants to be willing to share their own inner and outer experience as well as professional knowledge.

TRAINERS

Raduca Vojáčková

- first and so far the only one accredited trainer of 5 rhythms dance in Czech Republic. She has been teaching spontaneous dance for 10 years, using her previous experience as a teacher. She has been studying a variety of courses regarding body and mind connection.

Hana Havlová

- trainer of emotional and social competences since 2004, leading a wide variety of courses and project within VEVA CZ, s.r.o., a company specialized in emotional intelligence. She is studying a four year program of Pessio-Boyden psychomotor therapy is a co-author of educational materials for teaching emotional intelligence to university students and is also cooperating with a variety of journals.

Blanka Junová

- trainer of communication and presentation skills and Assertiveness. She lived in Toronto, Canada for 4 years where she started to be interested in soft skills trainings. She has then explored this field by assisting many trainers and finally training herself since 2001. She is the founder of a Žen-sen.

TARGET GROUP

soft skills trainers, teachers and pastime activities educators, psychologists, psychotherapists, health providers and social workers and volunteers, participants of 5 rhythm courses and workshops and others interested in spontaneous dance, emotional intelligence and communication

For further information, please contact the project manager *Blanka* at TEKzensen@gmail.com or + 420 777 992 999.