



THEATRE AS A MEANS OF MANAGING WORK STRESS

**A TRAINING PROGRAM BY YASEMIN COLLECTIVE
ELIGIBLE TO BE SUBSIDIZED BY HRDA**

Why does it interest you?



**Stress can be an ally
and not an opponent.**

Cyprus has one of the highest percentages of workers in Europe who state that work stress is a very common issue.

Businesses face unpleasant challenges related to stress and burnout. Among other things, absences due to illness, frequent staff turnover, reduced performance, low energy and interpersonal conflicts, are discussed.

It is observed that when there is well-being in the work environment, the conditions are created for an engaged and motivated workforce aiming for higher productivity and long-term profitability, for both employees and employers.

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The purpose of the proposed program is to train the participants in techniques for managing work stress through theatre improvisation.



Why theatre?

Research worldwide has proven the great benefits of Theatre such as self-esteem and self-confidence of the individual, group empowerment, communication skills. In particular, it allows a better understanding of problems and opens up the path to solutions.

The experiential nature of the training enables participants to develop healthy mechanisms for preventing, coping with and reducing stress. The theatrical improvisation method itself becomes a stress reliever and an excellent educational tool since the experiential program encourages effective assimilation of the educational objectives.



MAIN OBJECTIVES

Following the training, participants will be in a position to:

- Recognize symptoms, causes and consequences of stress
- Apply stress management techniques through theatre
- Use proper breathing and posture
- Communicate more effectively with their colleagues
- Resolve interpersonal conflicts with ease and creativity
- Adapt to changing conditions
- Adopt attitudes of teamwork, cooperation and empathy
- Create a safe and healthy working environment

*“All the world’s a stage,
And all the men and women merely players;
They have their exits and their entrances;
And one man in his time plays many parts...”*
W. Shakespeare

Yasemin Collective

Since its establishment in 2020, the collective has been actively contributing to the development of the Performing Arts in Cyprus as well as to the creation of space and dialogue through experiential workshops. The team's interventions influence the community directly and in a positive way. The group's priority is to bring Theatre in unconventional spaces, encouraging positive social change.



Meet the trainers



Annie Sofocleous holds a BA in Psychology and Management from the University of Aberdeen in Scotland. She joined the field of experiential theatre in 2010 and then over the years she deepened her knowledge in Circus Arts and their use as a tool for social change (social circus). She attended intensive training seminars on the Art of clowning, mime and physical theatre in Cyprus, Mexico, Spain and Germany. To date she has worked in the field of performing arts, events production and management, marketing, social welfare as a youth worker and facilitating theatre workshops and juggling for all ages. She is a certified professional training instructor of HRDA.

Natalia Panagiotou holds a degree in Performing Arts specialised in Theatre (Université Paul Valéry Montpellier III), a master's degree in Performing Arts – Theatre and Dance (Université Lumière Lyon 2) and is a graduate of the Arts en scène Drama School (Lyon). She specializes in physical theatre and the Art of clowning. In recent years she has been working as an actress, performer and theatre maker in France and Cyprus. In her work, she explores playwriting, performing, stand-up comedy and directing. Alongside her artistic activity, she facilitates theatre and movement workshops for all ages with diverse backgrounds in order to create social impact. She is also an external partner at UNIC Medical School (communication skills). Currently she is in the process of receiving the certification of professional training instructor of HRDA.

