

Improv(e) your Emotions: Stop Acting, Start Reacting



What if instead of thinking the future of the scene, we would just let our emotions lead the improv?

In this workshop, Sébastien will help you to explore your emotions. By reacting to the present moment, we will see how we can use emotions to tell the story. We will practice silences and looks to give more depth to the scenes. We will also use emotions to create the characters and establish the relation between them.

Improvising using your emotions can allow you to create more realistic stories. Your acting becomes more subtle, the characters more intense and their relationship more powerful.

If you feel it, the audience will feel it too.

The workshop is designed for experienced improvisers who want to take their acting further, especially in exploring longer forms. However, the workshop is open to anyone who thinks they can benefit from it.



ABOUT SEBASTIEN

Sébastien has been improvising in France for over 10 years. Recently arrived in Australia, he has already been facilitating workshops in Brisbane and Melbourne. He's also a filmmaker ([his movie](#) was recently selected at the Byron Bay Film Festival) and public speaker ([his TED talk](#) has reached over 100'000 views).

The three improv values that really matters to him are: commitment, listening, and meaningfulness.