

Give your 110%: Focus and Commitment throughout the Scenes



The scene starts before you enter the stage, it ends after the lights turn off.

When we improvise, too many things go through our minds. The risk of breaking out of the scene is huge.

A whisky glass, a pirate outfit, a spaceship... The audience's imagination actually sees the scene the actors create. Be it laughing to a partner's joke, walking through a table, wondering what to do next... They all have the same consequence: it takes the audience out of the story for a split second. We then see actors instead of characters. Their imagination has to create everything, once again.

In this workshop, Sébastien will focus on the mindset and tools to always remain focused. You will be able to take your audience further, where the actors disappear, to create stories full of characters.

You will learn:

- The basic anchors to get back to the story in case someone breaks character
- How to pay attention to every single detail while still being developing the story
- How to always be more demanding with oneself to remain focused and never break characters

The workshop is designed for improvisers of any level of experience.



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.