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Training Using Drama: Successful Development Techniques from Theatre and Improvisation

Kat Koppett

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The use of training techniques originally developed for theatre and improvisation within the workplace has increased enormously in recent years, and the proven effectiveness of this approach has found many enthusiastic followers. Sometimes, actors are brought into an organization to act as catalysts within a training/role-play setting, but, increasingly, trainers themselves are using the techniques. Written by an expert in the field, drawing on her substantial experience in business, training and acting, this practical guide shows clearly how anyone can make use of these techniques easily and effectively. With information on the theories and principles behind using drama in training, this book also includes the details of 50 activities and shows how to use a diverse range of techniques to improve creativity, leadership, teamwork and personal development. Training Using Drama covers the key issues, including: storytelling; role-plays; coaching; non-verbal communication; spontaneity; trust and awareness.

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