**Clowning Workshops**

As facilitators, we believe we stay true to the spirit of clowning when we flow with the creative process of each person, when we nurture its emotional expression and the emergence of the imagination and when we facilitate and free actors to find their own clown, unique and grounded in their relationship to the audience.

It is our belief that by focusing on the individual we are, in fact, going straight to the heart of clowning which is the search for authenticity both in the social or personal dimensions of our lives.

The approach to clowning we have developed over the years has important echoes both in the fields of personal growth with our Clown Within workshops -  and in the fields of social mediation. In our workshops we have people from a wide range of professional and social backgrounds, of all ages, with or without previous experience of the theatre.

Many continue working with us because they find the freedom and playfulness of the work becomes vital for them.

**What happens in a workshop**

We work in a group of no more than 12 people. We start warming up with games, vocal and physical exercises. We then proceed with improvisations on a stage (alone or with others). Each improvisation is discussed to identify and bring out the positive and important aspects of our clown (and how it lives in us).

This is done with care and respect for each individual and within a framework of rules that ensures a secure and protective environment.

**The Clown Within**

The clown’s nose, the smallest mask in the world, is the mask that unmasks. Through the clown we can rediscover inner qualities of openness, spontaneity and play. The clown allows our imagination to soar, whilst keeping our feet firmly on the ground. Working with warm-ups, games and on the empty stage, we will find our inner clowns through improvisation, play and welcoming everything that emerges.

**OUR PRINCIPLES**

Here are some of the key principles we are committed to in our teaching and which defines the specificity of our approach.

1. SMALL GROUP SIZES
2. A PERSON-CENTRED APPROACH
3. STRUCTURED TEACHING ADAPTED TO YOUR LEVEL OF EXPERIENCE
4. A COMMITMENT TO GUIDE AND SUPPORT YOU IN THE WORK
5. POSITIVE REGARD
6. EMPOWERING YOU TO BECOME YOUR OWN TEACHER
7. COLLABORATIVE RESEARCH AND LEARNING
8. GIVING A VOICE TO BOTH THE PERSONAL AND THE SOCIAL

**Small group sizes**

We are committed to working with not more than 12 participants. This guarantees you get to do each exercises and improvisation structures (especially solo and pair improvisations). It also means we are able to give individual coaching and feedback to everyone and you never have to compete for your space in the group or for your go.

**A person-centred approach**

Our teaching methodology gives priority to a [person-centred approach](http://www.nosetonose.info/approach.htm) that is respectful of each individual's path towards discovering his or her own clown. By focusing on the individual's experience, we prioritise authenticity in the learning process above the acquisition of external skills. We believe the expression of this inner authenticity is the ground for learning clowning.

**Structured teaching adapted to your level of experience**

We carefully structure our teaching to reflect your level of experience and we are committed to constituting groups according to level of experience.

Our team holds regular meetings to discuss new developments and ideas in how to teach clowning. Our approach focuses on introducing the concepts of clowning in clear, pleasurable and approachable ways.

**A commitment to guide and support you in the work**

Even if the work is at times challenging, we are committed to take you through it as gently and conscientiously as we can. We will support and encourage you throughout and discuss with you problems and issues as they arise. If you need to, we will discuss and explain our work and approach with you. Our aim is to encourage a collaborative spirit of research and partnership and to nurture dialogue that encourage enquiry, personal insights and responsibility within the learning situation.

**Positive regard**

We believe that people grow and learn best in a supportive and positive environment. In our feedback, we point out what is good without being complacent or hiding what we think. This positive regard, we believe, affirms the courage to own our feelings and assert ourselves joyfully in the world – which are all essential ingredients of clowning.

**Empowering you to become your own teacher**

Because we wish to nurture a different mindset for learning through dialogue and enquiry, we create space for you to share and reflect on each exercises, games and impros within the group. We consider this sharing of your insights and experience as the most important part of the learning process and as a way of empowering you to become you own teacher. As facilitators, we see ourselves as partners on a journey of discovery and encourage dialogue and enquiry.

**Collaborative research and learning**

Because we are committed to nurturing a spirit of collaborative research and learning throughout our work, many of our courses have two facilitators. By inviting contributors experienced in their field and by working as a team, we ensure diversity and a continuity of learning and growth within our work.

**Giving a voice to both the personal and the social**

For us, clowns address and speak of the social and personal issues in our lives. They are not speechless mimes. In our work, we use words, language and the full range of emotional expression from joy to anger as well as the body, voice and gestures. Our only rule – never hurt yourself or others and never break anything.