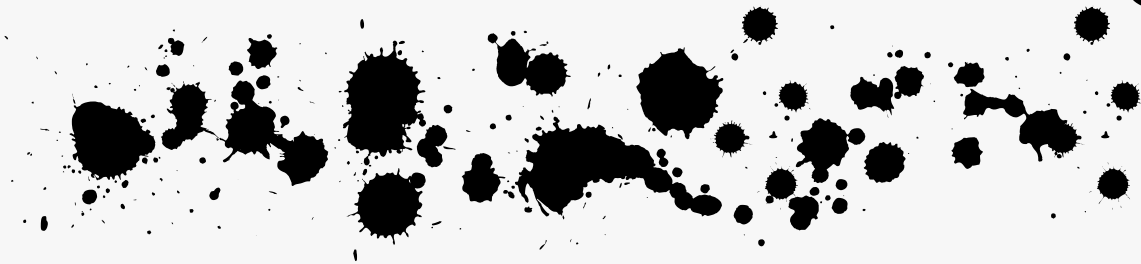


Flourishing



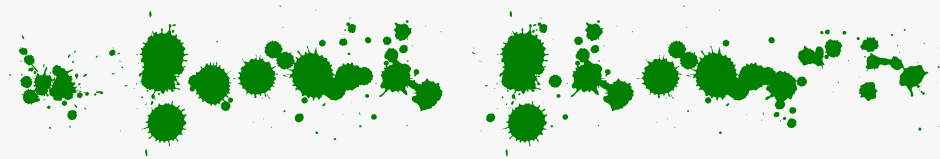
A UNIQUE WORKSHOP COURSE
TO ENABLE YOU TO FLOURISH

Three mediums | Three sessions

An opportunity for expression,
exploration and discovery

utsmaya.com

LET'S START WITH A STORY



There are these two young fish swimming along and they happen to meet an older fish swimming the other way, who nods at them and says "Morning, boys. How's the water?" And the two young fish swim on for a bit, and then eventually one of them looks over at the other and goes "What the hell is water?" ...

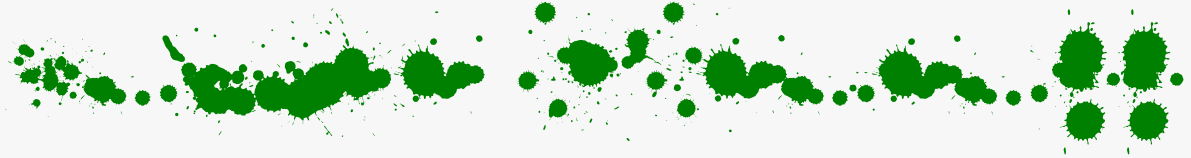
... the real value of a real education, has almost nothing to do with knowledge, and everything to do with simple awareness; awareness of what is so real and essential, so hidden in plain sight all around us, all the time, that we have to keep reminding ourselves over and over:

"This is water."

"This is water."

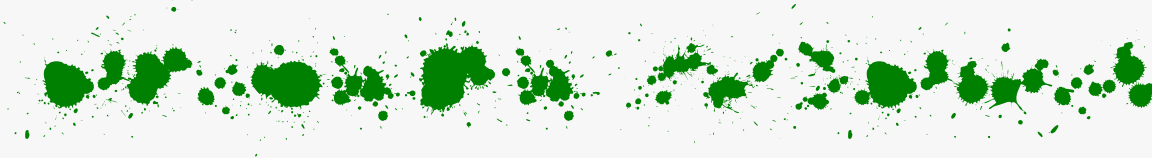
- Excerpt from talk By David Foster Wallace

BEGIN WITH AWARENESS



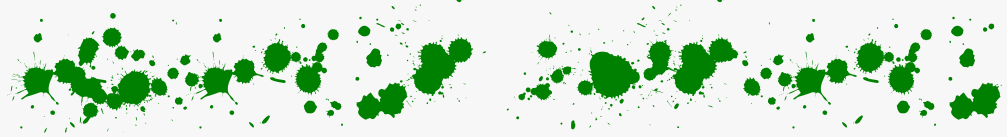
Awareness is the first and most important step in everyone's journey. As a student, we need to become aware first and only then will the rest follow. Much too often, we get caught up in the tools, techniques, knowledge, and processes before we have had a chance to know ourselves. And we lose the connection with the context and the people, with whom we are trying to share this journey.

UTSMAYA = FLOURISHING



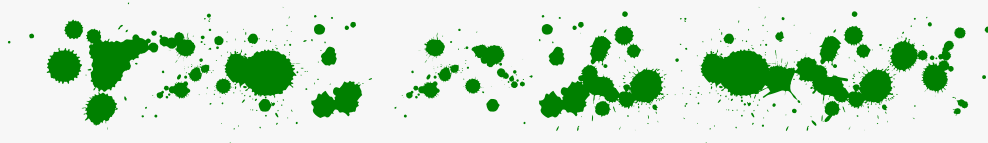
We believe everyone can flourish at work. We each have a seed in us that if provided the right nourishment and support can flower in its own unique way. We don't need to follow any traditional path or fit ourselves into a framework of how everyone works. We need to become aware, explore and find our own true nature and craft the unique way in which we can succeed in our endeavours at work and beyond.

INSIDE TO OUTSIDE JOURNEY



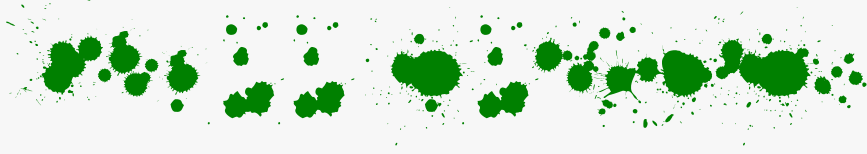
We will start this journey from inside to the outside. We will begin with an awareness about ourselves and our own unique presence. Then try to understand how we communicate with people and how do we craft our own narrative - to tell our own unique story. Finally, we will explore how we interact within a group and try and find your own rhythm within a group.

COME WITH AN OPEN MIND



But how do we start on this exploration? Only, if we are willing to step out of our logical-analytical self - our left brain, and are willing to look at the world through a different lens, a lens which is maybe more oral, aural, visual and kinesthetic - our right brain, then there is a potential to explore these topics in a different light.

THREE ART MEDIUMS



In this workshop, we will be using three different lenses, in the form of three different art forms - theatre (role plays), storytelling and music (djembe - African drums) to get started on this journey. Each art form would be used on as the chosen medium of expression, exploration and discovery.

PLAYING YOUR ROLE



BUILDING YOUR NARRATIVE



FINDING YOUR RHYTHM



PLAYING YOUR ROLE



Roleplay is about self exploration - how to start the journey to understand our own presence.

START WITH
OBSERVING

Prepare the mind & body for the here and now

PLAY YOUR
NAME

Act your own name and become aware of your presence

EXPLORE THE
SPACE

Explore your movement and the space within and around you

FIND YOUR
ROLES

Explore the roles you play - the ones you like & the ones you don't

PUT ON YOUR
MASK

Put on a mask, play the roles and explore your own self

BUILDING YOUR NARRATIVE



Storytelling is about self expression - how each one of us can effectively create our own narrative.

START WITH
LISTENING

Understand the unique dynamics of a listener and a teller

PLAY WITH
STORY IMPROV

Get into storytelling by playing with a typical story structure

FIND YOUR OWN
STORY

Go back in to your life and find your own unique narrative

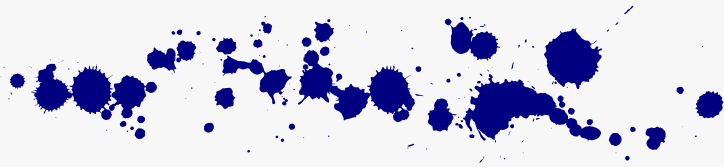
CRAFT YOUR
STORY OF US

Build your shared story about who you are together

SHARE YOUR
STORY

Share your story, give and receive the joy of storytelling

FINDING YOUR RHYTHM



Music (djembe) is about discovery - finding our own rhythm when we are alone or are part of a group.

START WITH RHYTHM

Clap, speak, walk- but do that all in a rhythm

DRUM IT UP

Introduce the drums and play with some simple rhythms

PLAY YOUR RHYTHM

Discover your base rhythm - when you are high or low

PLAY IT IN A GROUP

Discover your group rhythm - leader / follower/ contributor

FIND RHYTHM IN WORK & LIFE

Discover the rhythms beyond the drums - in everything you do

Ashok Kumar



Ashok's is an accomplished theatre actor having played many leading roles in Kannada theatre production and has done everything from set design to direction. He has acted in many prestigious theatre festivals, including three times at the National Theatre Festivals and spent a year with Khalid Tyabji's theatre ensemble in Hampi.

He has used theatre for team building, stress management workshop in the corporate sector, educational and social organisations.

His musical journey began with the tabla and found fulfilment in the djembe. He is a true fusion musician, having played with Carnatic, Hindustani and even dabbled with electronica. He is now working on his dream project - Shoonya - a world fusion band.



Amit Kapoor



Amit experiments with telling visual stories with data at storyspine.com. He has conducted storytelling workshops for corporates like Infosys, and as guest speaker at IIM Bangalore.

In the last ten years, he worked as a management consultant - first with AT Kearney in India and then with Booz & Company in Europe to drive strategic change and help them write and execute their stories.

He completed his B. Tech degree from IIT Delhi and PGDM from IIM Ahmedabad.



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