

# Unpack your triggers and re-set to make life at work easier

Want to learn how to get out of your own way when you're working with others? Take time out for our **Sociodrama Masterclass** to become a better version of you.

## How many times do you look back ...

On a moment where you were in the hot seat and things didn't go well – you play it over and over in your mind and want to go back and do it better?

You know all the theory about responding calmly and not reacting from fear or anger – but somehow the words don't come out. Or they come out all wrong.

## Join us for a powerful group process ...

That can help you unpack those moments and give you the capacity for choice in future tricky situations.

## What's involved in doing a sociodrama?

It's an action method using spontaneous dramatization and role play. The person in the 'director' role selects other group members to play the part of various aspects, or selves, of their psyche to take a deeper look at what's going on for them during a scenario of a challenging situation.

Sociodramas have a strong improvisation element to them, tapping into what's happening at a deeper level and working out a way forward.

## What will you learn?

You'll explore those inner voices that often hold you back.

You have the opportunity to be a participant in one or more of the sociodramas, or if you have some experience in this space, you may choose to facilitate the process while you're coached in how to do this.

You will come out of the two days with

- personal insights;
- a deeper facilitation and leadership craft; and
- greater capacity for spontaneity and creativity within group processes.

## What's in it for you?

- **Greater capacity to overcome the usual triggers that hold you back.**
- **Experiencing an incredibly powerful process for personal insight.**
- **Potential for deep connection, personal transformation and learnings that come from taking part in such a deep process.**



*Get ready to launch!*

## Sociodrama Masterclass

**When:** Wed 5 – Thur 6 June 9.30am – 5.00pm

**Provided:** Delightful lunch, morning and afternoon tea, workshop materials and resources

**Venue:** Groupwork Centre Training Rooms, 31 Rennie St, Thornbury (Melbourne inner north)

**Parking:** Ample street parking available

**Group Discount available:** We offer 10% off full price when 2 or more people from an organisation book into the same dates for this course.

**Cost:** \$990 inc GST

# Discover how true collaboration creates great results

Explore your work practices with us. Take action so you can work well together and achieve your goals.

## Values. Practicality. Transformation. Heart.

**Our work is values-based**, founded on self-awareness, effective collaboration and compassion. We support you to deepen your awareness and sense of your own values and principles. This allows you to work with others from a place of compassion and wisdom.

**Our down to earth approach.** We use practical, easily understood skills and hands-on processes to engage participants and ensure that the skills and knowledge remain embedded long-term.

**Emotional resilience** is a cornerstone of our approach. Our training and facilitation supports you to manage your responses, remain centred and apply your understanding and skills across a wide range of challenges. This is whole-of-person education and training at its practical best.

We created the Groupwork Centre because of our belief in the **transformational capacity** of people working well together in groups. When you have the skills and processes to collaborate effectively together, great things can be achieved.

## Our background

Before we began in 1984, we saw many groups and organisations falter because they didn't have the interpersonal skills and processes they needed to achieve their purpose.

We felt that our best contribution to building a just and sustainable world was to go behind the scenes and help people work well together in groups.

That vision is still at our core today.

We have now worked with thousands of people from hundreds of groups in the not-for-profit, government and corporate sectors.

## Get your group and life to shine

Our work is lively, experiential and practical.

We devote plenty of time to practice, drawing on your own real-life situations to use the skills we teach – and we'll have a bit of fun along the way!



**Benefit from the wisdom of everyone in the room**

Contact us:

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