



#### What's In The Name

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## **Build Through Creative & Lateral Thinking**

Are you looking at unique ways to enhance the growth of your leaders?

Are they bored of attending the monotonous corporate trainings that have a diminutive impact?

Who doesn't like leaders who are productive, can create concrete from abstract, have the right mindset and motivation and the hunger to succeed...

**Our highly recommended Dance Movement Drama Art (DMDA) Step up workshop** is an inspirational technique that solves the dilemmas of your corporate training needs and adds the spark to your training agenda.

### **Through DMDA trained your employees on:**

- Creative and Critical Thinking
- Unique Stress Management
- Motivation and positive mindset
- Enhance Productivity
- Emotional, cognitive, physical and social integration
- Confidence
- Healthy body = Healthy mindset
- Overcoming inhibitions
- Communication Skills
- Quick Decision Making
- Anger management at work
- Control Anxiety
- Concentration and Focus
- Work life balance
- General Mental and Physical wellbeing
- Innovation and Leadership

### **Dance Movement Drama Art - is used to:**

- To promote **bonding and self-awareness**
- To encourage **personal expressions** and to promote positive body image
- To build a group cohesion and **teamwork**
- To increase **resiliency to cope with stress**
- To improve **good mental and physical health**
- To increase **body co-ordination**, within one's body and also one learns how to coordinate
  - with other (colleagues and stake holders)
- It aims at making participants **mentally and physically alert.**
- it aims at increasing **gross motor and fine motor skills.**
- It also aims at **building confidence and developing strength.**
- **It encourages participants** to come out of their limited physical and mental
  - movements.
- Working in group decreases loneliness and help **develop social skills.**
- It aims to develop **spatial awareness around body and increase movement control.**
- It also aims at building **positive body image** and acceptance of one's body.
- Helps in gaining **focus and concentration.**

### **Foundation of our Program -**

- DMDA is the psychotherapeutic use of movement and dance through which a person can engage creatively in a process to further their emotional, cognitive, physical and social integration.
- DMDA is founded on the principle that movement reflects an individual's patterns of thinking and feeling. Through acknowledging and supporting participants' movements the therapist encourages development and integration of new adaptive movement patterns together with the emotional experiences that accompany such changes.
- DMDA is practiced as both individual and groups
- While the origins of dance as a healing art lie in ancient history, the contemporary profession incorporates dance, movement and psychological theories and therapeutic practices developed primarily in Europe and the U.S.A. The profession is also informed by continuing international research.

## **Methodology**

- Role Plays
- Art appreciation
- Demonstrations
- Hands on activities
- Games
- Open house
- Creative brainstorming and exercising
- Use of dance, music, drama and movement

This training module is a rare combination – this is a very powerful tool, if development and growth is on the agenda.

## **Things Required -**

**Empty space**

**Chart papers**

**Clay**

**A4 sheets**

**Colors - water and sketch, pencils**

**Markers**