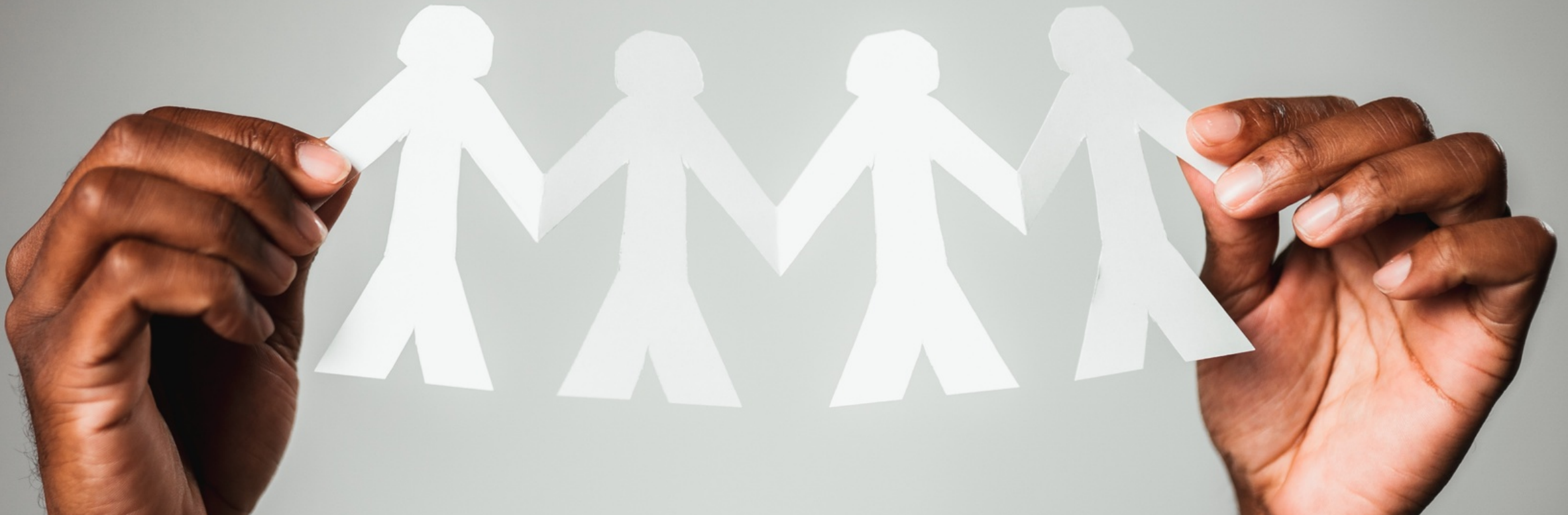


EXPRESSIVE ARTS FOR WORKPLACE WELLNESS

Fostering engagement and cohesion in your workforce

"Workplace Community Theatre" with Abram R. Katz



Introduction to Workplace Community Theatre

Workplace Community Theatre provides companies with a suite of interactive experiences to promote employee wellbeing through theatre-based activities designed to increase energy and productivity, **reducing costs** associated with **turnover**, **absenteeism**, and **employee burnout**. Our unique program can be presented as an individual seminar or a series of workshops. We offer a secure, supportive space for creative self-expression, attentive listening, and group reflection. Drawing from Playback Theatre and Drama Therapy techniques, our lead facilitator, Abram R. Katz, will guide small to large groups through expressive art modalities that cultivate a harmonious working environment.



Addressing Workplace Challenges

* Advancing Employee Wellness *



Remote Work and Hybrid Models

Our workshops bring everyone together to foster community and engagement.



Geopolitical Uncertainty

Our workshops build skills for adaptability and social-emotional intelligence.



Mental Health and Wellbeing

Our workshops build resilience and meaningful relationships to support mental health.



Evolving Customer Expectations

Our workshops build spontaneity and adaptability to humanize person-to-person interactions.



Equity, Diversity and Inclusion

Sharing stories builds empathy and celebrates diversity.



Employee Burnout and Turnover

Expressing healthy emotion in groups helps enhance company productivity and achievement.

Additional Benefits of Our Workshops and Seminars



Creativity

Exercises that involve participation promote creativity and inventiveness and help with problem-solving.



Stress Reduction

Engaging in expressive arts can lead to decreased healthcare costs due to the emotional release and mental clarity it provides.



Team Dynamics

Group activities build trust and cooperation while addressing equity, diversity, and inclusion company-wide



Engagement

Traditional and emergent expressive art forms increases employee investment in each other and their work

Our experiential social-emotional toolkits leverage the power of community theatre to enhance wellbeing and strengthen workplace culture

Ideal Candidates



Healthcare

Healthcare professionals who interact closely with patients and need strong interpersonal skills



Education

Educators who strive to connect with and support students' wellbeing and success



Customer Service

Customer service representatives who need to empathize and communicate clearly with clients



Tech

Salespeople who need to build rapport and trust with prospects



HR

HR professionals who support employees through conflicts resolution and best practices



Leadership

Managers who set standards and codes of conduct within their organizations

Wellness Exercises: Playback Theatre



Pairs

Two participants share contrasting feelings through interactive performance



Moving Sculptures

The group captures the essence of one participant's personal story through short movements and phrases



Playback Stories

One participant shares a story from their life and the group enacts it with a full set of characters and scenes

These exercises build empathy, self-awareness, and community

Wellness Exercises: Psychodrama



Witnessed Self-Reflection

One participant narrates what they see when they look in the mirror and the group recapitulates key words and phrases as a spoken-word ensemble



Answering the Call

One participant answers an imaginary phone call from someone they have unfinished business with and the facilitator will "ring you back" until it feels complete.



Amplifying the Critic

Giving full voice to our inner critics with the intension of seeing them for what they are and changing our relationship to ourselves

These exercises deepen participants' understanding of themselves and others

Wellness Exercises: Creative Flow



Mask-Making

Using arts-and-crafts to create several identity masks surrounding how we think other people see us and how we see ourselves



Narrative Writing

Self-reflective writing based on guided prompts to increase self-awareness and foster strong bonds between employees in the workplace



Performance

Filmed presentation of each participant reading their personal narratives while showcasing their masks and the truth that exists behind them.

These activities encourage self-reflection, non-judgement and group cohesion

"Abram's experience level and the structure he provides allows for the most incredible creative flow. Trusting that he truly knows this work helps us show up, be vulnerable, witness, connect, and care for each other. He holds a space for us to create magic together, weaving our stories into a tapestry of loving kindness. He knows exactly what to say to bring us present and reflect back our experiences in a meaningful and profound way."



~ Ruthie Yarme, Retreat Coordinator

"I have been blown away by Abram's ability to take the forms of Playback, Drama Therapy, and Creative Flow, and mix them up to create a space where I can be both an actor and receiver. You know how in sports when you are playing with better players than you, and you subsequently improve? Abram helps me get out of my own way and 'play up' to a new level of the work."



~ Chris Turzo, CEO Acquisition Expert

"There's something about the way Abram shows up with this quality of unconditional openness; It brings the perfect level of safety and tenderness so that we can do this work and dig deep. He's brilliant at interpreting our stories from a different angle, which allows us to see ourselves in a whole new way. Not only the skills and experience that Abram brings to the table, but just who he is as a person. I truly benefited from this work."



~ Hannah Muse, Mindfulness Teacher

Lead Facilitator

Abram R. Katz

As a multi-medium teaching and performance artist, Abram offers rare insight into human behavior and a cultivated understanding of storytelling. Driven by a passion for personal growth and social change, Abram harbors a unique ability to create meaningful, transformative group experiences. Having founded multiple public charities and organized over 40 community restoration and prevention programs, he is a wealth of experiential knowledge in the realms human advancement. Abram has an extensive background in Playback Theatre, Drama Therapy and emergent art forms designed for personal and collective healing such as Autobiographical Theater Performance (ATP). Abram is a student of life, most known for the deep level of care he brings to his work and the organizations he serves.

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Workplace Community Theatre

A Strategic Investment

Prioritizing employee wellness and mental health initiatives leads to a more engaged, resilient workforce, resulting in higher productivity and retention. This benefits your organization's bottom line by **reducing costs** associated with **turnover, absenteeism, and employee burnout**. In a competitive job market, offering robust wellness programs attracts and retains top talent. As such, **NOW** is the ideal time for companies to invest in employee mental health and well-being initiatives.

Schedule a free discovery meeting with Abram today! www.abramkatz.com/connect