



HIGH PERFORMANCE WORKSHOP PROGRAM

Young Vic
It's a big world in here

Young Vic

At the Young Vic our shows are created by some of the world's great theatre artists – of this generation and the next.

With roots deep in our neighbourhoods, we reach out to theatre makers across the globe.

Each year we produce around 14 shows at our home on The Cut, in the West End, on tour and in other parts of the world.

We have the most diverse and engaged audience in London, enjoying work of the highest quality at low prices.

In our award-winning super-flexible theatre, you'll never feel you're in the same place twice.

It's a big world in here.



“THE BEST THEATRE IN LONDON”

The Telegraph

Young Vic



“BUSINESS IS ABOUT PEOPLE AND EMOTION. WE SELL TO CLIENTS THE PRINCIPLE OF PUTTING THEIR BUSINESS THROUGH THE CUSTOMER LENS, YET WE DO NOT FOLLOW THAT OURSELVES. I LEARNT TO BE TO BE MORE CLIENT FOCUSED.”

Participant, Team Work and Coaching

OUR WORKSHOPS

Before every show reaches its audience, the actors and directors spend time in rehearsal. This is their opportunity to explore and develop new ideas, to perfect their performance.

For people from other walks of life, there is rarely a chance to rehearse before appearing in the spotlight. The Young Vic's High Performance Workshops offer this vital time and have been designed to prepare you for those critical moments when you need to perform.

Our High Performance Workshops encourage you to see yourself through a different lens. Using a combination of lively, practical exercises, reference to behavioural models and expert personal feedback, our training is designed to amplify your effectiveness in any situation.

Our workshops take place in the vibrant, creative atmosphere of our Young Vic rehearsal spaces and are led by a team of passionate and committed trainers, all of whom are experienced theatre practitioners and skilled communication consultants.

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THE IMPACT OF YOUR INVESTMENT

By investing in your people, you will also be investing in our local projects. We are a registered charity and all income generated from our High Performance Workshops directly supports the celebrated work on our stages and our impactful outreach program Taking Part.

We engage with over 15,000 people and 250 schools, colleges and community groups from Lambeth and Southwark each year. Your investment ensures we can offer free tickets to people who might not otherwise be able to attend, and helps us deliver a wide range of projects year round.



All our training is tailored to meet your specific needs. Our most popular workshops include:

Gravitas and Influence

This training identifies and explores the behaviours associated with confident communication and authority. You will leave more aware of the status you regularly demonstrate and techniques to enable you to flex up or down, as necessary.

Influencing with Confidence

Using the principles from 'Gravitas and Influence', you will discover the physical, behavioural and emotional tools to enable you to influence more effectively. The focus is on situations where you may find yourself on the back foot.

Public Speaking

Whether addressing large conferences, pitching to clients or simply contributing to meetings, this training provides the necessary tools to deliver a message with clarity and potency.

You will leave this training with a range of techniques to enable you to speak publicly with authenticity and confidence. More experienced presenters will focus on alternative ways of structuring presentations and using storytelling to engage an audience.

Communicating Leadership

How does a leader inspire and engage? How do they win the trust and loyalty of those around them?

This training focuses on how to project leadership. It uses storytelling as a way to deepen engagement with an audience. You will identify different styles of leadership and experiment with alternative approaches to a range of situations.

Team Building

This training draws on the innovative methods theatre directors use to bring a group of individuals together in preparation for a performance.

Physical and vocal techniques, along with storytelling exercises create a shared group dynamic which encourages trust and a cohesive way of working.

**"EXCELLENT ENGAGING TEACHERS —
FULL OF ENERGY, ENTHUSIASM.
VERY MOTIVATING AND EMPOWERING."**

Participant, Personal Impact

Young Vic

INVEST IN YOUR PEOPLE

Your people are your biggest asset. Training at the Young Vic will unlock their potential in spectacular new ways.

All our trainers bring a wealth of insight and experience to our workshops, maximising the impact on participants.

Our Chief Training Consultant Al Nedjari is an actor, a theatre director and an expert training consultant. He has designed and conducted workshops for a range of clients over the last fifteen years. Al works alongside a skilled team of associate trainers to deliver the best results for you.

The success of our High Performance Workshops speaks for itself. The impact on participants can be seen immediately and also through the enthusiastic feedback we regularly receive.

“SUPERB SESSION THAT HELPED ME REFLECT AND GAIN SPECIFIC FEEDBACK THAT I CAN USE EVERY DAY.”

Participant, Personal Impact



“THE YOUNG VIC ORGANISED A FANTASTIC COMMUNICATIONS TRAINING EVENT FOR OUR GRADUATES AND THE REACTION ON ALL FRONTS WAS 10/10. PERSONALLY I WOULD LIKE EVERYONE FROM GFT TO GO THROUGH THIS TRAINING.”

Sales Director Enterprise and Services, GFT

Young Vic

COSTS

Half day High Performance Workshop

from £3,500 + VAT for 3.5 hours, up to 12 people

Full day High Performance Workshop

from £7,000 + VAT for 7 hours, up to 12 people

We'd be delighted to meet with you to talk through your training plans and how we might tailor one of our workshops exactly to your needs.

Make your experience at the Young Vic even more memorable by including tickets to our shows and catering from the Cut Bar. Additional costs apply.

For more information on how we can tailor a bespoke high performance workshop to your business needs contact **HighPerformance@youngvic.org** or call **020 7922 2813**

We look forward to welcoming you to the Young Vic!

“LOVED THIS WORKSHOP, GREAT INSIGHT & VERY INTERACTIVE!”

Personal Impact participant

“THIS WILL DEFINITELY INFLUENCE THE WAY I GIVE AND PREPARE PRESENTATIONS, NOT JUST AT CONFERENCES BUT IN SMALL GROUP TALKS.”

Participant, Presenting with Impact

Clients Include

