

WORKSHOP. AOMO. 2018

IMPROVISATION DANCE N LEADERSHIP

**A workshop about heartfelt awareness,
teamspirit and creative performance**

**A creative, joyful, touching and moving journey
into our momentary
&
lived
leadership experiences**

Helle Winther. University of Copenhagen

Dance and movement has the ability to open our senses.
Movement can give us possibilities to explore improvisation, flow and heartfelt awareness as
basis for both teamspirit and creative leadership performance..
We will explore how simple and joyful movements can intensify and train our heartfelt
awareness, momentary presence, contactability and performance possibilities.
And create an open trustful atmosphere.
This workshop builds on the practice and core concepts from several research projects about
“The Language of the Body in Leadership and Professional Practise”.
YOU are welcome! Everybody can participate. You can wear normal clothes.



Helle Winther

Associate Professor, Ph.D. in dance and movement psychology at University of Copenhagen.
She is also a trained body- and dance psychotherapist. Her research and teaching focus on
Embodiment & leadership, dance, improvisation & performance. Helle has published seven
books and numerous research articles about her work.

