



CORPORATE WORKSHOPS

FIND YOUR AUTHENTIC VOICE
IN LEADERSHIP

As Nashville's longest running actor-training program, our mission at Actors Bridge is to tell the stories that matter to Nashville. Now, through our corporate workshops, this mission is brought to organizations, as we help leaders across Nashville find their authentic voices. Our workshops help participants grow key 21st century workplace competencies. Contact us for more information on how we can bring the gifts and lessons of our creative practices to your office or boardroom.

"Endurable learning."

"People opened up in a way that I have not seen with this team, and we learned a ton about each other."

"Folks are still talking about this retreat months later."

We've led successful workshops for many organizations across Nashville, including Vanderbilt University, Vanderbilt Medical Center Department of Radiology, the Nashville Downtown Partnership, the State of Tennessee, Nashville Mobile Market, and Monroe Carrell Children's Hospital at Vanderbilt.

Instructors:



Vali Forrister

I am the artistic director of Actors Bridge Ensemble, a professional theater company and actor training program which I co-founded in Nashville in 1995. In that capacity, I have produced over 100 plays, have directed 25, acted in over 30 and authored six. Our company has trained more than 4,000 actors. In 2004, I created Act Like A GRRRL, a highly-acclaimed writing and performance program for teenage girls to gain public voice by articulating their lived experiences. Playwright/director Jeff Obafemi Carr and I received the Tennessee Historical Commission's 2008 Merit Award for our play ORDINARY HEROES, about Nashville's role in the civil rights movement, which created an historic partnership between Fisk and Lipscomb universities who sponsored the play. I spent a decade as the director of communication and outreach at the Vanderbilt-Ingram Cancer Center where I coordinated internal and external messaging to thousands of patients, caregivers, donors, physicians, scientists and other healthcare providers. I have a Master of Arts in Performance Studies and am adjunct faculty in the BFA acting programs at Belmont and Lipscomb Universities.



Heather Lefkowitz

A lecturer in the Department of Human and Organizational Development at Peabody College at Vanderbilt University, I teach and develop curriculum for the undergraduate capstone internship and teach a career management course for undergraduates. I utilize creative practices in teaching such as theater and improvisation, human-centered design, and storytelling. A two-time graduate of Vanderbilt University, I received my undergraduate degree in history and then completed a Master of Divinity in 2011, where I was the recipient of the Nella May Overby Award for Field Education. In my spare time, I enjoy public speaking, creative writing, and improv performance. I've studied theater and improvisation at Second City (Chicago), the Annoyance Theater (Chicago), and Actors Bridge Studio (Nashville), and completed the summer institute at the Alan Alda Center for Communicating Science.



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Workshop topics:

Impactful Storytelling for Leaders and Organizations

"Great stories happen to those who can tell them."-Ira Glass

Individuals and organizations know that storytelling is a key capacity for leaders, as a well-told story captures our attention, helps us connect to others, and makes meaning of our lives and experiences. In this interactive session, we'll learn ways to incorporate key principles of effective storytelling into your individual professional practice to expand your leadership skills, and explore how organizations can use storytelling to advance their mission and purpose.

Practicing Empathy: Creative Strategies for Connecting "Beyond Words"

Empathy- the ability to recognize and understand the perspective of others- is a crucial leadership competency in all professional contexts. In this interactive workshop using techniques from theater and improv we will improve our capacities for active listening, noticing behavior, and communicating with others in multiple contexts.

Meaningful Dialogue: Giving and Receiving Feedback at Work and Home

The act of giving and receiving useful feedback in the workplace is a valued professional competency. Too often, however, being the giver or receiver of feedback can feel inauthentic, unsatisfying, or even painful. How do we offer each other useful, constructive feedback in a professional setting? In this interactive session, we'll use choreographer Liz Lerman's Critical Response Process as a frame for giving and receiving feedback, with a focus on practices from improv and storytelling.

Working Without a Script: Improv Strategies for Responding in the Moment

The ability to be responsive - to think on your feet, and meet unexpected challenges head-on - is a critical skill for leaders. In this interactive session, we will use principles and activities from improv to help you thrive in rapidly changing environments, collaborate with others, and unlock your ability to be creative and innovative in the moment.

We can plan for a 90 minute session or combine some elements for a "deeper dive" in a 4-hour or 8-hour block. We can also customize an experience based on your goals for your group. Contact us for details and pricing.