

THE ART OF TRUST

Do you fully trust the people around you, the people close to you, your colleagues, your boss, your friends or your partner? Are you even sure that you trust yourself in all occasions? How should one behave and what attitude is actually the best to deserve and to build a bound of trust? In what way do relationships change when we dare to throw ourselves into each other's arms and when we dare to trust ourselves in our most vulnerable moments?

The amount of trust between people has a huge effect within the working life as well as in the private life and particularly when it comes to development. Trust is often taken for granted and few people realize that it's something that, with simple exercises, easily can be practiced and improved. Stronger unity, better communication, higher energy and efficiency signify improved trust and therefore better basis to run different kinds of (for example,) developing projects.

The daily routine of a circus artist is to continuously throw oneself, with the trust in yourself and in others as your only lifeline. In this situation trust can really turn into the difference between life and death. Together with the workshop leader and pair acrobat Sara Runsten you'll, as part of a team, experience the feeling of falling blindly into each other's arms, solve problems together and take care of each other in your most vulnerable moments. Tingling stomach, giggling, games and acrobatic tricks you didn't know you were capable of accomplish is promised! Together we'll discuss and reflect on the importance of trust in yourself and others in your specific profession and your daily routines, in what way the body language, the facial expressions and the voice reveals the level of trust and how you can increase and transmit it to each other.

Together we'll tumble down walls, stretch our boundaries, open up our eyes, discover each other and to the highest possible degree astonish ourselves. Welcome!

Practical information

- Number of participants: Maximum 20
- Length: 1-1.5 hours depending on the number of participants
- Space: A big, plane area, (a stage, hall, gymnastics hall, big room, lawn, etc.). Minimum 3.5 m in ceiling height. You should be able to run across the room all at the same time, lie on the floor, (preferable on gymnastic mats) and stand two persons on top of each other.

If any requirements are hard to fulfil, please contact me and I'll adjust the workshop to your currant conditions!

Contact information

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