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SEMINAR: „THE POWER WITHIN“
by
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In the rapidly changing times in which we live, technological and marketing development and manipulation far outpace our „progress“ as human beings.

To prepare ourselves for a successful life and career, we need to re-discover our inner strengths, talents and flexibility; not succumbing to the isolation of petty egotism, rather developing our communicative talents and creativity.

Let us learn to celebrate life once more from deep within ourselves.

This workshop-seminar is a call to meet the challenge and reality of life.

To open up our creativity, by achieving our inner harmony and strength, thereby minimilising the fear of failure and competition from and trusting in our own capabilities and talents.

THE POWER WITHIN:

Kevin Oakes guides us through a journey to our inner strength, based on his own personal and professional life and career.

After leaving home at 18 to move from Africa to Europe and commence his studies there, he learned German and successfully studied at the „Hochschule für Musik und Darstellende Kunst“ (part of the Goethe University) in Frankfurt, to conceive and found the professional „English Theatre“ in Frankfurt. After one year under his artistic direction, the city decided to subsidise the theatre. He then moved on to develop his „Healing Theatre“ method and form „Fragile Theatre London“, which went on tour through Europe and even to Israel and Cape Town.

While studying in Frankfurt he spent his summers in London studying modern dance with Robin Kovacs at the „Dance Centre“.

After a traumatic experience connected to one of his plays „Raw Knees“ in Cape Town , he felt the need to leave theatre and discover the world outside.

In the time ahead he went into the Event Marketing field....working with major companies worldwide on industrial shows for fashion , automobiles, banks, airlines, railways, steel manufacturers, chemical companies, and many more. Working with commercial television in Germany and teaching motivational workshops and seminars for promoters, and students in Europe and Asia.

From his studies at the „University of Life“, he has developed a method of healing and inspiring on a personal and intimate level, helping students and aspiring professionals to achieve their goals in harmony with their own lives, creativity and „developed communicative power“. The workshop is either 6 days of 4 hours a day, or 3 week-ends of 4 hours a day.

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This can also be achieved after 5 pm for professional participants., and can be organised with the study times of students.

THE BACKGROUND MOTIVATION FOR THE WORKSHOP:

Our DNA contains every aspect of humanity from ego, fear , fight, competition, through to love and harmony, joy and happiness...it is all there.

Too often we allow ourselves to be ruled by fear. This can turn to hate and destruction.

Yet, we are capable of guiding and learning and finding ways to preserve and cherish life on our planet.

Life is flavours and sounds, movement and light....also darkness and stillness, which is not necessarily stagnation.

Silence has a powerful language of it's own, and darkness it's own magical light.

We tend to stagnate when we simply „consume“.

Let us go back into the „future past“. Find the child in us – time to play.

Trust our dreams, and live each moment.

Join the „Team of Life“.

Learn from and through our bodies and feelings.

Sensitise our intuition to combine with our mind, rather than to appose it.

Learn to love and respect ourselves, so that we can spread love and respect to those around us.

Search for the harmony in us that will open the fountain of creativity we all possess.

To enjoy the wisdom of knowing where our creativity lies, not just where our ambition and ego drive us.

The journey within takes courage and resilience, vision and generosity of spirit.

We need to understand that sorrow and pain are part of life, just as day and night exist. Polarity is an integral part of our planet.

There is no good or evil, as in „ The Lord of the Rings“, just opposing powers working against one another, while enhancing our vision.

At this point in time we appear to have stronger negativity than positivity on the planet. It is a time of panic and destruction in many parts of the world. This also influences our thinking and feeling, and we need to build our strength to „even out“ the polarities.

“Positive Thinking“is not just a fashionable potion for people in affluent societies.

We need to go beyond this, into „Positive Belief“.

It is our own choice as to where we belong.

To achieve the joy of the heart should be our goal, because happiness is our way to success and fulfillment.

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THE WORKSHOP:

Our workshop is an introduction to a sure way to be creative and successful in our choice of life and profession.

We meet with an introduction and a warm handshake, a deep look in the eye.

To be prepared to open our defences and discover our inner strength.

STEP ONE:

The workshop begins with a physical warm-up.

Through stretching and exercise, learning from our limbs and their functions and the joy of moving.

From here we begin to understand breathing (the breath of life) „body language“ and how it functions.

The body has incredible stories to tell. Take a deep breath and exhale with pleasure.

Sensitising the body and our physical contact to the outside world is of the utmost importance.

It makes us all the more aware of who and where we are.

This is the easy part.

STEP TWO:

Opening up to the „team“ is the next hurdle, before we can build our team.

Each member is granted as much time and sensitivity as is necessary to become accustomed to a circle of „non-enemies“.

It is necessary to feel „unthreatened“.

We begin with stories, personal or invented. This is the first verbal step in the process of communication that we are aiming for.

The feeling of stress is something that we wish to minimise.

Here, stories flame the imagination and bring our imagination to places we don't visit every day.

The teacher has stories to tell to show his own vulnerability and encourage the members to participate.

We learn to interpret stories.

STEP THREE:

We now act out simple scenes or even sentences, learning to impart simple messages clearly and non-offensively.

The idea is to become more honest in our dealings with others and ourselves.

To become proud of who we are, without resorting to competitive behaviour for fear of „losing“.

To gain confidence in our bodies and expression.

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STEP FOUR:

The deeper we go into our own imagination and feelings, the more vulnerable we feel ourselves to be.

Here, the workshop needs to be taken highly sensitively and even individually, to build trust.

Trust in ourselves and in the teacher, who is also open to revealing his feelings, fears hopes and dreams.

We learn to trust our intuition and convert it into action.

If necessary this can be achieved on a one to one basis, as the stress factor may be a barrier to our opening up.

Honesty of feeling is essential to proceed and succeed.

STEP FIVE:

The building of a team.

Here we learn to appreciate the ability of others.

To find pleasure and fulfillment in working with chosen teammates, rather than against „possible competitors“.

Learning to observe and listen before we think and decide.

To enjoy giving and receiving.

Energy needs to move freely amongst us.

It has become much too easy to expect success to fall into our laps without earnestly learning, working and investing.

We need to build our very own creativity and not just „copy“ or only „put in“ the required amount of effort necessary to get by.

We need to want to communicate and love what we do.

It is for people that we are creating products and experiences.

STEP SIX:

Observation exercises.

We learn to take everyday objects and moments, to inspire our own creativity.

Outside street observation.

To take the life of the city, town or countryside and learn how to mold a creative idea from it.

Discovering the hidden impulses that ignite and fire our creative process.

I repeat, this workshop-seminar is building and sharing and learning to trust our own inner self and all the wonder of life.

This makes life worth living on this planet.

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Anyone interested in this journey is welcome.

