

# CLOWN training

BY **caroline dream**



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Clowns are very special beings; resilient, creative, confident, and charismatic. They can see the extraordinary in the ordinary, find innovative solutions, deal with all kinds of interpersonal problems, collaborate successfully with teammates and recognize their own mistakes without losing a drop of self-esteem. And, of course, they know how to own the stage and engage the audience with humor and style.

Therefore, experiencing the art of clowning offers numerous useful learnings that can be applied directly in the workplace. Caroline offers experiential learning workshops for small or large groups, tailored to meet the objectives of each company.

*"Let your joy be in the journey,  
not in some distant goal."*

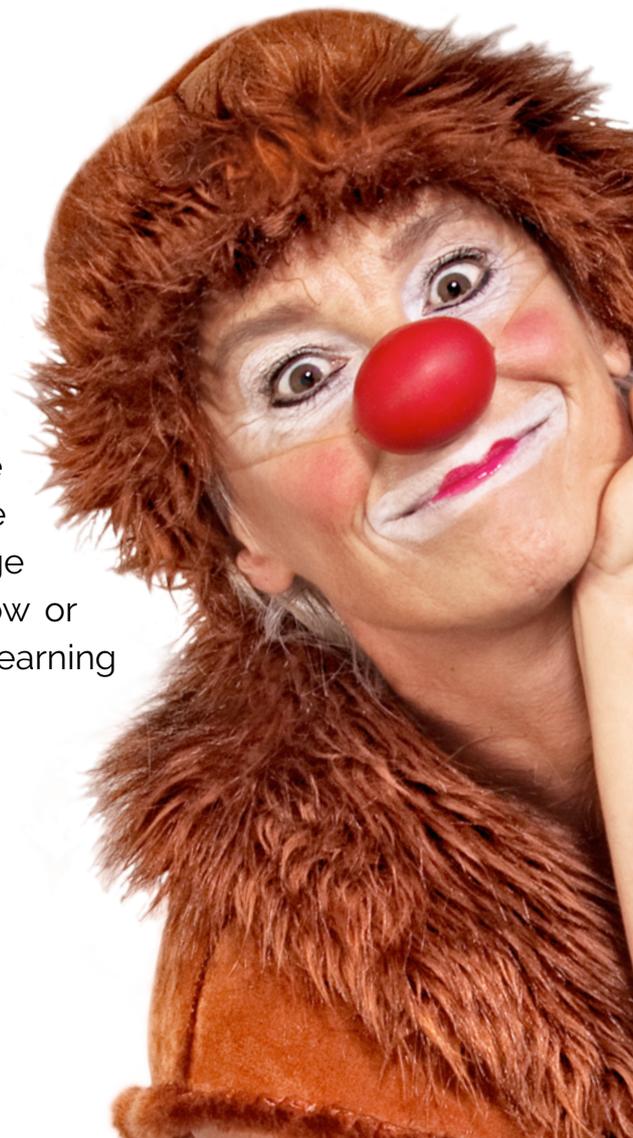
*Tim Cook, CEO Apple*

## Why clown?

Unfortunately, the figure of the clown has been generally underrated and misinterpreted over the last few decades, leading to a confusion about his/her purpose and usefulness. The stereotype of the clown who works only for children, or worse still, the protagonist of horror movies, is in general the image that comes to mind. Most people simply don't know or appreciate the profound wisdom and extensive learning contained in this ancient art.

*"If you can't tolerate critics, don't do  
anything new or interesting."*

*Jeff Bezos, CEO Amazon*





**My life's work has been to study the art of clowning from the outside in and the inside out; on stage, as a teacher, and as a writer.** And what I have come to understand is that the set of guidelines that facilitate the encounter with our own personal clown (and I can assure that we all have one), show us the way towards greater emotional intelligence and collective well-being. Clowning exposes, in a process that is playful and fun, both our hidden talents and abilities and the thought patterns or beliefs that hinder our freedom to act and react with authenticity.

## Testimonials

*Normally we are in very rigid and serious environments, and we hide our clown. It has been important to see that he is highly valued when we let him out.*

*It was wonderful to connect with the team through humor.*

*I learnt that risk should involve fun and not discomfort.*

*Allowing ourselves to fail gives us the go-ahead to take risks and create new starting points for generating solutions.*

*I really liked understanding that the enthusiasm with which you receive the ideas of others is essential to further construction.*

*I was struck by the amount of creativity in the room, because in the day to day that does not happen. Also, by power of the simple - the impact of a simple idea.*



## clients

