

## **RULES OF ENGAGEMENT**

*Dear potential participant to the workshop PERSONALITY DELL'ARTE,*

*Before sending us your application, we ask you to read this document carefully and thoroughly. You will find a variety of details on how we ask participants to engage with us and with our work.*

*Feel free to reach out to us if you have any questions or you need any clarifications.*

### **PARTICIPATION**

The workshop is a **continuum**. It is not possible to attend in parts; or to miss any sections of it. Every step of the process is fundamental and leads into the next one. To respect the integrity of the process for both the individual and the group everyone is required to be physically present at all times.

It is not possible to participate from remote and sessions will not be recorded.

Classes will start on time and end on time. Participants are required to be on time and to not leave before the official end of the class.

### **EMBODIMENT**

The work includes a lot of movement practice with a variety of physical theatre exercises and games. Participants are required to remain engaged. Participants are always responsible for working to their own level of fitness as well as communicating and adjusting for any pre-existing injuries or physical conditions.

### **PLAYING WITH EMOTIONS**

Emotions, both personal and transpersonal, will arise during the work. Playing with the different roles brings the person in touch with their emotional vitality. All parts of the self and all roles are welcome.

A core element of this work consists of exploring and playing with and through different emotional landscapes while remaining engaged and in contact: with oneself, with the space, with the group and with the facilitators. Sometimes this process involves a time of emotional discomfort and to remain in touch with it is a crucial part of our approach.

The emotions that may emerge during the work belong to the work and they are a fundamental source of presence, awareness and poetic inspirations, both for the individual and for the group. The setting offers a variety of techniques and a constant support by the facilitators to assist the participants to remain playfully engaged in the work, while being in contact with their experience. But it is not possible to leave the

room, to take a break to disengage, have a moment, take a pause or miss any of the class. All emotional states are re-engaged in the relational context of the workshop. Eg: the role of "*the one who needs a break*" will be explored within the group, and will remain relational.

Some deep personal processes might be activated and they can provoke important revelations or transformations, that sometimes can require some further processing after the end of the workshop. The setting of the last day provides a final time for integration but we do encourage the participants to allow some integration time after the end of the class. This is the reason why the workshop is scheduled before a week-end.

## **THE MOTIVATION LETTER**

To apply to the workshop please e-mail a letter of motivation, (in English) to [kairosplay@protonmail.com](mailto:kairosplay@protonmail.com) sharing the essence of your story, vision, dream, desire, fear or un-explicable intuition that leads you to this workshop.

We ask you to write your motivation letter without the assistance of AI. The process of writing it is already the beginning of the work of personal inquiry and sharing about it. The letter will be read by both facilitators and will remain confidential.

Please mention in your letter the following elements.

- Your previous experience in the field of personal development, psychotherapy and other relevant practice of emotional awareness.
- Any significant emotional process:
  - o psychological states, diagnosed or un-diagnosed;
  - o significant past events in the field of mental health;
  - o traumatic states that this work might re-activate;
  - o anything you want the facilitators to be aware of before the start;
  - o specific emotional needs.
- The use of medication for the treatment of psychological states.
- The availability of psychological/emotional resources that you can reach out to during and after this workshop, in case you need extra support.
- Your previous experience in the field of Theatre.
- Anything about your physical state that you feel is important for the group leaders to know: past or present injuries, preexisting physical conditions, specific physical needs.

## **CANCELLATION & REFUND POLICY**

Our cancellation policy wishes to recognize the different needs of both parties of the registration process. We are aware that unexpected events can happen in life and plans need to be changed, and at the same time, cancellations involve a variety of practical and financial issues on our end.

- Notice of cancellation must be made by email to [kairosplay@protonmail.com](mailto:kairosplay@protonmail.com)
- In all cases of cancellation, the entire deposit will be forfeited.
- If the written cancellation notice is received by 23<sup>rd</sup> February, we will retain the deposit, and refund the remaining part of the paid tuition.
- If the written cancellation notice is received after 23<sup>rd</sup> February and before the beginning of the workshop, we will retain the deposit, and all other payments will be refunded only if the empty spot is filled by a new participant. Otherwise the remaining part of the paid tuition will be forfeited.
- Depending on the reasons for the cancellation the parties can discuss a partial compensation in the form of a reduced tuition in a future workshop.
- In the event of failure to notify in writing, a “no show” or written notification received on or after the beginning date of the training, the entire payment will be forfeited.
- If the registered party attends the training and leaves for any reason prior to completion of the training, the deposit plus the totality of the paid tuition will be forfeited.
- If a participant decides to enter into patterns of participation that are destructive against oneself, the group or the teachers, and they refuse to take responsibility for it within the context and purpose of the workshop, the teachers can ask that participant to leave the workshop. Destructive patterns include physical, emotional, psychological or interpersonal events. In this case, a pro-rata amount, based on the number of days of attendance, will be refunded
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## CANCELLATION OF THE TRAINING

- In case of unpredictable events that will force us to cancel the training for reasons of *force majeure* (ex: natural disasters, political or social upheavals or other unexpected acts of the humans or the Gods and Goddesses...) all paid tuition and deposit will be refunded, minus \$70 for administrative fees. No travel or accommodation expenses already paid by the participants will be refunded.
- If, once the training has started, it needs to be interrupted for reasons of *force majeure*, a pro-rata amount, based on the number of days of attendance, will be refunded. In this unfortunate scenario, no travel expenses, or accommodation expenses already paid by the participants will be refunded.

*If you have questions or you need some clarification on any parts of this document, please do not hesitate to contact us*

*We wish you the best*

*See you in the playing field.*

*The leaders of the workshop*

*Zsófi Kigyóssy*

*Giovanni Fusetti*