

Maja Mommert: Workshops for improv ensembles and actors.

Butterflies in your stomach – Falling in love & seduction on the improv stage

Most stories revolve around love.

But how can we really show the magic of the first glance, the sizzle between two people, the butterflies in their stomach on stage? How do we play out the great game of seduction on stage?

And: How do we show what normally takes place behind closed doors?

and then there was silence. The power of tranquility on the improv stage

You can talk. And talk and talk, flogging things to death...

In this workshop, we focus on silence and tranquility. On expressive play involving our body. On the intensity of a glance, a smile. On the promise that is made by not talking.

How long will silence hold the suspense?

How do we show thoughts and emotions without expressing them ad nauseam?

How long is an individual player on stage worth seeing?

And what must a sentence be like that finally cuts through the silence?

Life is no burrito. Characters and stereotypes

In this workshop, we will dive knee-deep into stereotypes: Men & women, good & evil, fat & stupid, Mexicans, Indians, Chinese & other foreigners. Exaggerations are absolutely desirable.

What does our prejudice say about us?

How can we use them for the improv stage?

Does the audience want to see something like that? Are we allowed to do that?

We work with different techniques to embody various characters in a matter of seconds. We discover the opportunities afforded by stereotypes and prejudice: secret thoughts and dreams, surprising turns and intentional play against the stereotype.

Look into my eyes! Truthfulness and credibility

In this workshop, we focus on authentic play.

We will forget about fast-paced gags and look for other ways to generate comedy and intensity.

When do I dare to show what I really feel?

How can I credibly play situations that I have never been in personally?

How do I use confusion and misunderstandings for authentic play?

What is the role of my fellow player in this effort? And that of the audience?

For all those looking for more depth in order to really touch the audience as well as themselves.

The royal treatment – Status on stage and in life

Do you tend to be victim or perpetrator?

Do you prefer to be weak-kneed or to have a stick up your ass?

Do you mostly play the arrogant know-it-all on the improv stage, because it is easier to influence the scene according to your own ideas?

Or rather the shy fool that is loved by everybody – but nobody expects any significant impulse from him or her in the scene?

Does “Much Ado About Status” begin to get on your nerves?

All of this can change!

Discover the status that is not so much up your alley. You will love it!

With a carrot and a stick – Moderation for improv theater and events

The moderator of a show is often the most important person on stage. He/she pulls all the strings – and once the audience is on his/her side, hardly anything can go wrong.

But how can you accomplish that?

Do you prefer to assume a role or should you just be yourself?

Are you the players’ ally or opponent on stage?

How strict can you really be? How cheeky? How nonchalant? How much of a chauvinist...?

In this workshop, you will discover your very own personal style of moderation – not artificial or copied but quite authentically yours.

Enjoying the free fall – Improv theater for professional actors

In this workshop, anything goes. You will dwell on stereotypes; you can be embarrassing, change from one character to the next in a matter of seconds and experience the power of the moment. Failure is allowed and desired – it often represents a point of departure for completely new aspects of your play.

This class is directed at trained actors and drama students in their last year of study.

In collaboration with Anett Heilfort.

Business theater – The balance between art and commerce

For experienced improv ensembles.

Taking the step from a public show on a theater stage to an improvised show for companies requires courage, experience, negotiation skills – and an interest in using the art of improvising as a service for corporate customers.

What do we need to know when we offer improv theater to companies?

What experience should an ensemble have before taking this step?

What corporate structures, backgrounds and circumstances should we know?

What figures & characters lend themselves to this effort?

And what will not work with improv?

This workshop highlights several formats that are tried and tested in corporate theater. There will be much play and experimentation, but there will also be room for exchange.

Maja Mommert.

Maja Mommert is an expert for Applied Improvisation. She works as a coach and facilitator, and as an actress for improvisational and corporate theater. She is Artistic Director of the improv ensemble frei.wild Berlin and has performed all throughout Europe.

Her offers cater to executive staff and managers, employees, freelancers, actors, teachers, coaches and all other curious people.

Special highlight: the individual trainer's treasure box, Majas offer for trainers and coaches. Here, Maja develops in close cooperation with the coach with which methods from the world of Applied Improvisation he can enhance exactly his learning goal and inspire exactly his participants.

Maja Mommert convinces through her contagious vitality and her goal-oriented optimism. She teaches in German, English and French.



References.

- Trainings, Workshops, Coaching: Deutsche Bahn, DVAG, European Parliament, GASAG, Melitta, N-Bank, Fraunhofer FOKUS Institute, Friedrich-Ebert-Foundation, Senate Department for Education, Science & Research, T-Labs (Telekom Innovation Laboratories) et al.
- Presentation, Moderation: DIHK, German University for Professional Studies, German Marketing Association, Engagement Global, Friedrich-Ebert-Foundation, Schwarzkopf Henkel, Nestlé, Senate Department for Economy, Technology & Research, TNS Infratest et al.
- Corporate theater: Ministry of Foreign Affairs, Bayer Healthcare, Caritas, Daimler, Deutsche Telekom, GIZ, inwent, STORCK, SWISS International Airlines, W&W Insurances et al.
- Consultancy: Activest, Coca Cola, Du ist Deutschland, European Parliament, SWISS Watches, Melitta, Nestlé, Swarovski, T-Mobile, Volkswagen, WWF International et.al.