

TEAM BUILDING and/or SENSITIZATION

Program Recommendation for Companies at the Baltazár House

Location: Baltazár Theatre Building (1031 Budapest, Zsófia Street 7.)

The building includes an 80 m² theatre hall, a 60 m² dance hall, and a 100 m² communal space, with a dining area in one part. The building is available for rental either empty or with programs.

Since 1998, the Baltazár Theatre has played a pioneering role in Hungary's cultural life. This unique theatre, where actors with disabilities perform, provides not only an artistic experience but also carries out a social mission. The theatre's goal is to demonstrate that disability is not a barrier to talent; on the contrary, it often brings a unique color to the creations.

More than a Theatre

The Baltazár Theatre influences public opinion not only through performances. The theatre also runs various programs aimed at promoting social inclusion and equal opportunities. The theatre's experts believe that art can build bridges between people and help break down prejudices.

Training Programs

Baltazár Theatre offers a wide range of training programs for companies. These programs support personal development, enhance workplace atmosphere, and foster the formation of a community with inclusive values. During the trainings, participants can develop skills such as empathy, communication, stress management, and teamwork. Our diverse training programs are tailored to the client's needs.

Main Goals of the Training Programs:

- **Sensitization:** Breaking down prejudices related to people with disabilities.
- **Creating an Inclusive Workplace Culture:** Establishing workplaces where everyone has equal opportunities.
- **Personal Development:** Enhancing participants' self-awareness and uncovering hidden talents.
- **Stress Management and Mental Health:** Providing tools for managing stress and maintaining mental well-being.

Unique Features of Baltazár Theatre's Trainings:

- **Creative Methods:** Participants develop their skills through various creative techniques, games, and exercises.
- **Tailored Approach:** Trainings are always customized to the participants' individual needs.
- **Experienced Trainers:** Led by skilled professionals with significant expertise in community arts, body awareness methods, and group processes.
- **Diverse Group Composition:** On request, company employees can work alongside the actors of Baltazár Theatre, fostering empathy and mutual understanding.

Examples of Our Trainings:

“Theatrical Experience and Reflection” Program

This program combines the power of art and community. Participants will watch a performance by the

Baltazár Theatre that delves into depths they may not have experienced before. After the performance, there will be a shared reflection where participants can express their personal experiences, thoughts, and emotions in a safe and supportive environment.

Why Join?

- **New Perspectives:** Discover previously unseen viewpoints through the performance and group reflection.
- **Personal Growth:** The program helps participants unleash their creativity and gain a deeper understanding of themselves and others.
- **Community Experience:** Be part of a community where acceptance and empathy are the most important values.
- **Development:** The reflection process provides tools for participants to face future challenges more consciously and openly.
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During the program, participants engage in playful exercises and discussions to process their experiences. The goal is for participants to collectively interpret the performance and find their path in integrating new knowledge and experiences.

“Space to Move – Together Against Stress”

Why Is This Training Important?

In today’s fast-paced world, stress plays an increasing role in our lives. This training helps participants:

- Understand their sources of stress.
- Learn how to manage stress.
- Develop stress management strategies.
- Become more open to others, especially those who see the world differently.
- Enhance self-awareness.
- Improve communication skills.

What to Expect During the Training?

- **Safe Space:** We create an environment where everyone can openly discuss their feelings and experiences.
- **Collaboration:** People from different backgrounds and abilities work together to better understand each other.
- **Practical Tools:** Learn exercises that help with stress relief and relaxation.
- **Self-discovery Journey:** Participants explore their own resources and how to use them in everyday life.

What Makes This Training Unique?

- **Focus on Non-verbal Communication:** Understanding oneself and others more deeply through movement and body awareness.

Additional Trainings:

- **“Confident with Feeling!” Leadership Competency Development Training:** Focuses on developing emotional intelligence and non-verbal communication.
- **“Switching On to Switch Off”/“Quick Recharge”:** Sharpens the senses (hearing, sight, touch, balance) for observation or temporarily turning off certain senses to experience different perceptions.
- **Office Yoga:** Simple movements that can be done while seated, ideal for refreshing during work.

By ordering the trainings from Baltazár Theatre, you contribute to building a more inclusive and cooperative society.



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