

Testimonials of Playback-Theatre and Focusing

I learned a lot about the wide range of my expressiveness with my body, my face and my voice. It is all right there and can be used. I discovered many new ways to communicate and to connect with the world around me.

You can feel the passion and joy that Tobias feels for playback theatre and focusing. I experienced with him a diverting, light and also demanding week. He really wants you to discover the joy and richness of body language.

Tobias is a careful teacher. He is in good contact with all participants. With humour and lightness he invites to the free play of improvisation. That really encourages and invites to deepening the journey towards playful and intensive interactions.

I learned a lot about listening to stories. There is so much to discover between the lines and in the nonverbal expression.

I enjoyed the funny exercises and games. They created for the group very quickly a relaxed and trustful atmosphere.

Tobias combines the lightness and playfulness of improvisation with focusing. This encouraged me to explore my life beyond my limits and I discovered new parts of me. I always felt safe and well guided. Usually I am a person that feels forced to make every thing right but in this relaxed atmosphere I discovered a place beyond right and wrong. That was such a relief.

Playback-Theatre and focusing are useful to prevent from burnout. It was a relaxing and also very energizing time. Thank you so much.

Playback theatre and focusing is a very practical training in listening and cooperation. As a team leader I learned to trust more into the process and the resources of my group. I am much more relaxed and don't need to control so much anymore.

As a mother I got some useful inspirations how to be more present and clear in the middle of the improvised theatre with my family.