



A play at the event 'WOMEN OF IMPACT' at Cisco Bangalore Campus. Trained ,Directed & hosted by Nandini Rao





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Brief

Cisco Bangalore engaged Yours Truly – Theatre Applied to construct a meaningful theatre performance with their employee as actors onstage

Methodology

Employee nominated themselves to a theatre workshop conducted by Nandini Rao which was then followed by Devising of Image Theatre performance

Finale'

The trained employee performed 45 min performance to audience of 350 plus along with performance was telecasted live on Cisco TV .

The audience were invited to intervene and attempt to change the existing situation to desired vision

Audience gave a standing ovation appreciating the performance and interaction

Hello Everyone,
I would like to thank Deepika and Vijaya for organising this event.
Thank you Nandini, I liked everything about the workshop. Loved your confidence.

My takeaways from this event:
Effective use of power positions to handle day to day life situations.
Understanding own feelings will lead to a better life.
How to be cool in the pressure (learnt from Nandini, implementation in process :p)
After an interaction with lots of girls, understood we are facing the same issues. Need to create a different perspective to solve these problems.

Thanks,
Harshal

This was just a wonderful journey, short but meaningful and with a lot of takeaways! I loved the way we started out as strangers sitting in our corners or groups on the very first day of the workshop, and slowly progressed to moving about energetically and smiling at those who passed us by, to slowly coming together as a team, to sharing experiences, opinions and truly opening up during the sessions, to gaining new insights about ourselves, spontaneously forming creative images, having FUN for those two hours keeping all other thoughts at bay and finally performing so beautifully on stage and uniting as one big, happy, bold, creative, empowered and unstoppable theatre family. J

Cheers,
Prashasthi

Hi Nandini,

This was a wonderful experience which I will surely not forget for a long, long time! It was great how we went from running around the room to forming images.

Also, the energy that you bring with you is amazing. I ended up walking around on a great high all 3 days of our workshop, even after the workshop.

I certainly take back a lot of things with me from this experience. The importance of physical position in Power Dynamics, a little bit of theatre, some clarity on the internal battles that we all women have (and again, the "Oh, I am not the only one going through this!") which is so very, very important!

Thanks Nandini!

Vijaya
Thanks for arranging this theatre workshop! It was a very creative and interesting idea and very useful to us. J

Regards
Sagarika

This was just a wonderful journey, short but meaningful and with a lot of takeaways! I loved the way we started out as strangers sitting in our corners or groups on the very first day of the workshop, and slowly progressed to moving about energetically and smiling at those who passed us by, to slowly coming together as a team, to sharing experiences, opinions and truly opening up during the sessions, to gaining new insights about ourselves, spontaneously forming creative images, having FUN for those two hours keeping all other thoughts at bay and finally performing so beautifully on stage and uniting as one big, happy, bold, creative, empowered and unstoppable theatre family.
Cheers,
Prashasthi

Hi Nandini,

I joined the workshop to break the monotony of the office work and do something interesting. And it proved to be a good decision J

From meeting 25 strangers sitting in various corners of the room to walking happily smiling at them, and forming the shapes as a team, the first day was impressive.

For me it was a very short time to open up but you made me push my limits and get comfortable with the team within 2 hours. But you never forced anything and it was an enjoyable ride. The next two days, I learned little bit about image theatre and got an idea of the final product.

How wonderfully you made us come up with the ideas and the images in just 3 days time! Extracting the ideas from ourselves made us emotionally attached to the images and we were so comfortable on stage.

Also through the small talks after each exercise, you made me look deep inside me, face my fears, guilt feelings and think from a different perspective. Altogether it was a wonderful experience and I would love to be part of more such initiatives.

A big thanks to Vijaya, Deepika and other WOI members for coming up with this idea and giving us the opportunity to be part of it.

Thanks,
Sini PS

Hi Nandini and all my fantastic team members,

This workshop has been one of the very good experiences I have had till now. It completely surpassed my expectations in terms of what was offered. Not just we learned how to communicate effectively without actually speaking those words but we were actually able to connect with others. All of us had so much fun and I have made some pretty good friends from the workshop. Seeing everyone's dedication towards motivated me. Seeing so many different and common ideas around the same topic helped me understand how to adapt to the uniqueness of every individual.

Thanks to everyone for being a part of this and special thanks to the organizers.

Looking forward to more of such opportunities.

Regards
Jyoti







Nandini Rao

Nandini is an independent consultant specializing in applying theatre in communication, learning & development areas along with topics revolving around organizational development, including culture, diversity & inclusion, gender and compliance among others. She also supports organizations by using theatre-based role-playing activities to construct powerful training and practice programs.

She recently received the Leadership Award for Diversity & Inclusion by World HRD Congress for her ongoing work in the field of D&I.

With over 14 years of professional corporate experience in communication and branding & training, she has a solid and well-rounded organizational view and has worked closely with business heads, marketing, HR & L&D and senior management & CXOs. She has worked with companies such as Infosys, Tech Mahindra, AXA Technologies as well as various advertising agencies including Saatchi & Saatchi, DDB Mudra and Percept Gulf.

Nandini has more than 15 years of experience in training actors, directing, play-writing, performing onstage and running her own theatre organization. In 2003, she co-founded the theatre company 'Yours Truly Theatre' and continues in her current role as Artistic Director.

She has been featured in the list of *Young Artists Changing the Course of Theatre in India* and was also the Finalist of the *Young Creative Entrepreneur* award by the British Council in 2011. She has also given a TEDx talk at MSRIT (M. S. Ramaiah Institute, Bangalore) on 'Unlearn the Familiar' in November 2012.

Yours Truly Theatre has been rated as the top 20 groups in India by Broadway World and has represented India at the Edinburgh Fringe Theatre Festival as well as at the European Theatre festival in 2012. It has also performed and conducted workshops across Europe – in the UK, Netherlands, Switzerland, France, Italy and Germany.

Nandini is also focused towards using theatre for social justice and mental health awareness and hosts performances and workshops at educational institutions and within the social sector. Her most recent project was a performance and workshop design for inmates at the Parappana Agrahara Central Prison in Bangalore.

Some of the clients she has worked with include:

MNC Companies – Cisco, Goldman Sachs, Volvo, Akamai, Nutanix, Oxford University Press, DDB Mudra advertising agency, American India Foundation, Bosch

Hospital & Health care – Manipal Hospital, Cloud Nine

Retail - Pantaloons (Aditya Birla Group) , Target

PSU & Manufacturing - HAL Management Academy, BEL - Bharat Electronics Limited , United Spirits – Diageo | Start ups - HackerEarth



#9845853093 | nandinirao.yt@gmail.com | yourstruly-theatre.com | FB – [yourstrulytheatre](https://www.facebook.com/yourstrulytheatre)