



Communication Strategies for Lawyers Workshop Proposal
The Barrow Group
www.barrowgroup.org

Description of The Barrow Group

Founded in 1986, The Barrow Group is an award winning non-profit Off-Broadway theatre company, acting school and arts center located in the heart of New York City.

At our art center, we have taught over 130 beginner actor workshops, focused on giving non-actors tools to communicate more confidently and give stronger presentations, to approximately 2000 students. Many of these students come from the corporate and legal sectors. TBG faculty have also designed and taught workshops for 20 VIC Management, The All Stars Project, Columbia University, Fairfield University, The Fulbright Association, Turner Broadcasting, COGO Travel, Emerson College, Pace University, Trinity Church and Brandeis University.

Workshop Proposal

We are excited to create a custom workshop for your incoming summer associate class.

The workshop would target skill building in the following areas: interpersonal communication, public speaking, and personal and professional confidence.

Workshop Curriculum - Communication Strategies

Activities: **Interview Exercise, Agreement through Conflict, and Best of a Bad Situation.**

The instructor will start the workshop by introducing themselves and listing the objectives of this workshop: for the participants to leave with (1) a stronger sense of ensemble and freedom of expression, (2) a greater appreciation of how to solve conflict through agreement, and (3) specific tools to open up possibilities and overcome challenges through listening and communication. The instructor will then lead the participants through a quick 5-minute warm-up. After the warm-up, the instructor will lead participants through three improvisation exercises that build interpersonal awareness, listening skills, and confidence.

In the **Interview Exercise** participants are introduced to the “yes, and” foundation of improvisation. This focus on saying yes keeps the conversation moving forward, enhances listening skills, and encourages freedom of expression. Two participants will role play an improvised interview - i.e. how do you two know each other, tell us about the new book you co-

authored, etc. - conducted by the instructor – and the instructor will guide them on incorporating “yes, and”.

In **Agreement Through Conflict** two participants role-play an improvised situation that is charged with conflict - i.e. a boss firing an employee. The instructor guides each participant on how to focus on saying yes, even in the face of conflict, to keep the conversation from breaking down and to open up possibilities.

In **Best of a Bad Situation** a group of participants are given a bad situation – i.e. stranded in the desert. The instructor guides the participants through the improvised scenario to steer away from the negative and focus on the positive. Participants build off of each other’s ideas to arrive at unexpected opportunities and solutions.

The workshop will conclude with the instructor asking for observations about what the participants learned, and how they might apply this new skill-set at the workplace.