



Status game

Change of perspective between dominance and submissiveness.

Everyone knows the social status that exists because of one's position in society or in the company. The status results from the power gap in the relationship between two people. Methods derived from improvisational theater are very well suited to investigate this relationship status and to play with it. A typical high status can be recognized by the posture, voice and ways of talking. Through all these elements he radiates self-assurance and superiority, while a typical low status seems small and unimportant.

In the training "Status Game" we determine the preferred status of the participants and play with the presentation of different statuses. The participants improvise scenes in which they experiment with the effect of the status game.

Using methods from improvisational theater, it is easy to find out how one's own status can be changed or adapted situationally in order to engage in conversations and negotiations with more behavioral diversity.

Effects:

- Recognize and understand status games
- Get to know your own status preferences
- Conscious use of status
- Expand your own behavioral repertoire
- Improve your own and foreign perception
- Become aware of your own body language



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