



Welcome

Embodied Confidence is a transformative, interactive workshop that helps you reconnect with your voice, posture, and presence. This isn't about performance. It's about practicing new ways of being seen and heard in a grounded, energised, and fully human way.

What to Expect

In this immersive session, you'll be guided through:

- Theatre-inspired embodiment exercises
- Breath, voice, and movement practices
- Confidence spiral awareness tools
- Future Self visualization & activation
- Real-time speaking practice in a safe space / Improvisation

No performance experience needed. Just curiosity, openness, and a willingness to move.

Workshop Details

- 16 August 2025
- 09:00 - 12:00
- Theatre Arts | Cape Town
- R450
- Booking Link : [Book Now](#)



A FULL-BODY EXPERIENCE IN EXPRESSION: GIVING COURAGE A VOICE

Who It's For

This workshop is ideal for: Women who

- want to explore their personal power
- want to connect to voice & presence
- who feel blocked, muffled, or anxious when speaking

Whether you've felt too small, too loud, too unsure, or too much — this is a space to rewire how confidence lives in your body.

What You'll Walk Away With

- A renewed sense of groundedness
- Simple tools to reset your voice and posture
- A clearer connection to your Future Confident Self
- A confidence spiral map to help you shift patterns
- Practices you can use at home to keep building momentum

What to Bring

- Comfortable clothing to move in
- A journal + pen
- Water bottle
- An open mind (and maybe a friend)

Ready to Book?

Spaces are limited to keep the group small and supportive.

Click here to reserve your spot: [Booking Link](#)

Or email : shelani@actoftheheart.com