

Allison Bergman, Founder of *Step UP: Acting Skills for Business Success* is a professional New York and Los Angeles theatre director, educator and acting coach. She has taught theatre techniques to students of business, technology and science at Carnegie Mellon University and North Carolina State University, where she was appointed as Assistant Director of Theatre. She now shares her expertise with small business owners and entrepreneurs through workshops, group events and private sessions, applying artistic principles to the needs of business professionals.

Current courses offered include:

*The Art of Collaboration*: (up to 20 participants per session)

A three-hour team-building event utilizing interactive improvisation games and group activities that introduce:

- The win-win dynamic
- Role play
- Creative and critical thinking
- The power of imagination

*Acting Skills for Everyday Life*: (up to 20 participants per session)

A two-hour session of progressive exercises based on what professional actors use to master communication skills, including:

- Vocal dynamics
- Intentional body language
- Active listening
- The power of observation

*Re/Con*: (up to 30 participants per session)

A 90-minute relaxation and concentration vacation for mind/body rejuvenation

- Reducing stress and tension
- Learning to breathe
- Focusing energy

*Star Quality*: One-on-one coaching to up-level presentation skills

- Keeping your audience engaged
- Choosing strong physical and vocal choices
- Reducing nerves and tension
- Making it fun

Ms. Bergman is based in the San Francisco Bay Area and available for training events, retreats, conferences and private sessions all over the country. For more information, and to customize courses to the needs of your employees, please call 718-986-0954 or email, [stagedoc2@aol.com](mailto:stagedoc2@aol.com).