

## Humour Strategies and Other Competencies Training

My expectations had been very vague, because of the very new approach in this issue. Humour strategies for people who are working in the social field sounded very interesting and I was sure that there will be a lot of extraordinary aspects to bring into my field of work and enrich my personal life as well.



(This was the final day of our Clowntraining. We went to the Leipzig Main Station and were interacting with the people.)

The training had been very diverse with all the different issues and methodologies.

The way, we have been going through the specific subject of the wide field of humour and especially the art of clowning and grotesque gave more to me, than I could have been expecting. In could use most of the offered methods that we have tried out in the exercises.

I feel strenghten to make more changes and bring new ideas in my professional life, when there are difficult situations.