

# CIRCUS VALUES

FOR SUCCESS IN BUSINESS

With Compagnie



# AZEIN



DEVELOP TEAM SPIRIT  
AND WELL-BEING AT WORK

A bubble of humor and kindness

A circus company is like a business: it's gathering several people and skills to achieve a common goal.

There is risk-taking, teamwork, a desire to excel, all in an economic context.

In a hyper-connected and pressurized world, work overload can deteriorate human relationships and affect mental health.

The physical or mental injury may happen at a critical moment.

We offer circus workshops to strengthen relationships between work partners with fun exercises to stimulate imagination, self-confidence, solidarity and physical expression!

***Learn to see yourself in a different light,  
put aside prejudices and reveal your hidden talents!***

## **Audrey Louwet**

Circus artist, graduated from the National Center for Circus Arts in Châlons-en-Champagne in 2009

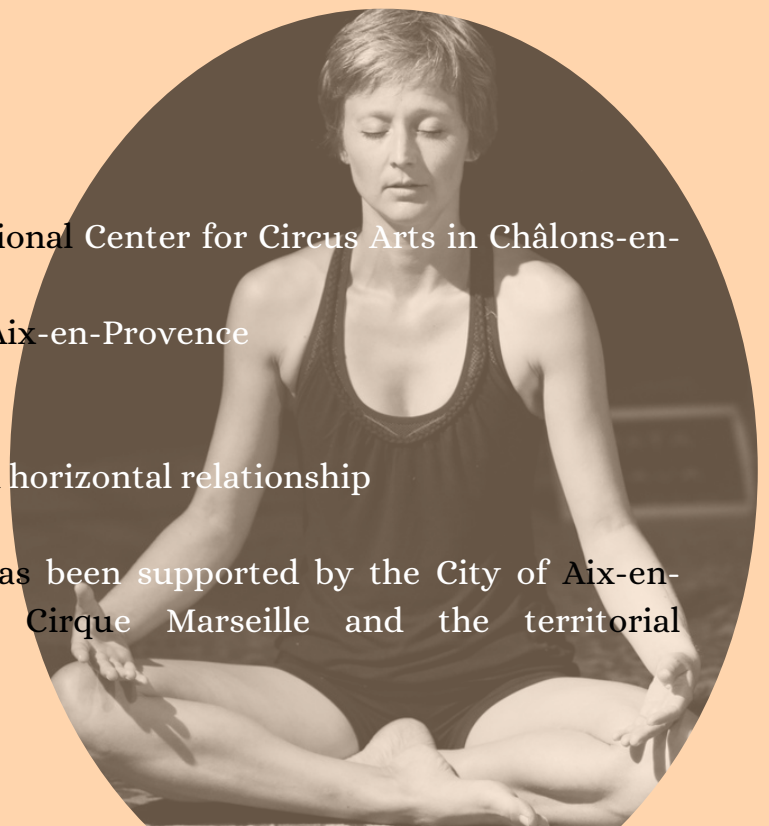
Co-founder of the Azeïn Company in Aix-en-Provence

State Diploma of Circus Teacher

Certificate in Circus Dramaturgy

Pedagogy as a knowledge revealer in a horizontal relationship

Since the beginning, the company has been supported by the City of Aix-en-Provence, Archaos Pôle National Cirque Marseille and the territorial collectivities.



# “ CIRCUS AND AWARENESS ”

## A sensitive and human approach

This workshop is accessible to all. No physical condition is necessary to participate, only the desire to explore the wonderful capacities of the human body.

The show takes place inside each of us !



### How it goes :

**Warm-up :** yoga movements, strength, coordination and flexibility, self-massage, acting exercises.

**Practice :** solo and duo acrobatics. Work with music to unleash creativity.

**Scene writing :** with fun exercises, participants invent small circus sequences to share with the rest of the group... and perhaps to perform?

**Stretching :** relaxation.

**A comprehensive process to stimulate the imagination,  
improve physical condition and build a team together.  
Circus values for a successful business !**







Solidarity



Stability



Dedication



Caring



Trust

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