

On Rehearsal



Who said life's not a rehearsal? Of course we rehearse in order to practice and improve our performance of something but Rehearsal is so much more than repetitive practice. In its most lucrative form Rehearsal is a space for exploring new ways forward, trying things out, taking risks, making discoveries, and breaking limiting habits and default performance to step into a bigger self. In theatre often the most powerful and poignant moments show up in rehearsal by accident or by failure. In the words of Samuel Beckett we allow ourselves to "Fail again! Fail Better!" because we play. In the act of playing we are liberated, courageous, curious and full of wonder. So practice away but don't lock it down right away! The art of Rehearsal can truly grow your performance as a leader, a team player and human being.

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