



**Pedro Fabiao: Clown - The Art of Being Fully Present**



Pedro is a clown, actor, director, teacher, coach and psychodramatist. He was a director of the biggest Portuguese clown organisation, trains in all continents and leads groups for Business professionals (Google, McKinsey etc.) or for Medicine, Psychology and Education professionals around Authentic Leadership, Innovation, Humour. Explore in this session the role of tension release and reflect about the role of the clown and the need to reconnect to the flow.

**TOP EMBODIMENT TIP:** Whatever you are going through, just take a moment to own it: To feel how it impacts your body, to breathe into it and to release it with a primal sound. If you can do this with someone else, this is even more powerful.

**Role:** **Clowns break the norm and help people to release tension.**

- Clowns have the function to bring about a break from the norm.
- Trying to do something that is very simple and not being able to, is the beginning of clowning.
- Clowns represent the failure of humanity to become gods. We want to be perfect, but we fail miserably.
- Clowns connect deeply and provoke emotions to release tension; to relax.

**Function:** **Clowns take the audience on a journey to transformation.**

- By watching a clown we can see them deeply transformed and by that we can deeply transform as well.
- While allowing the release of energy, we're opening channels of new expressions. Once they're open, it's not so easy to close them again. That is why it is not just a momentary change, it is a transformation.
- Connection is a powerful way of provoking transformation. When you're alone, you can still fool yourself.
- State of the clown: Fully present and deeply connected with themselves and the audience.

**Vulnerability:** **With sounds and nonverbal interaction masks fall and connection arises.**

- We need masks. We need to change and to play different roles, according to the context where we are.
- We needed masks, at some point, for our survival, but sometimes, later in life, they do not serve us.
- Masks get dropped or get broken or at least shake a bit, and what comes through the mask is personality.
- Sound is the language without words, and the energy of the heart and the spirit that goes through the mask.
- Underneath the mask is a wisdom, but the way it comes can feel very unpleasant. We call that "counter mask".

**Resources**

- ❖ **Courses:** online workshop programs and coaching sessions
- ❖ **Website:** [www.pedrofabiao.com](http://www.pedrofabiao.com)
- ❖ **Social:** Join the Facebook Group: [Clown and Presence](#)



## Pedro Fabiao





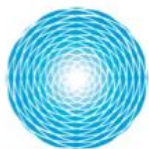
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