

# Theatre and Creative Arts for business excellence

A research based professional approach by  
VHarWah Learning Solutions Pvt. Ltd

[www.vharwah.net](http://www.vharwah.net)

## Participant

“I am a frequent participant in theatre based workshops for the very reason that I get a chance to express myself fearlessly; and yet it will be all part of the experiment”

## Team leader

“My people are always eager for these workshops as learning is made fun. The that is why it also has a long term impact”

## Trainer

“Sometimes when I know participants are struggling with a topic, its easy to turn it into a creative act and that way its possible to unearth the inhibitions surrounding it”

## Background to the ‘5 Senses Learning’ technique

### The need for this research

Modern Civilization seems to have been designed to dull our sensibilities. Our ability to imagine and to fantasize, so abundant in our childhood, is starved out by the constant admonition to ‘stop daydreaming’, ‘stick to facts’, ‘be precise’. Over specialization in studies and at work, too, limits our awareness of the world around us.

Besides imagination, emotions too, are starved by the constant pressure to ‘keep control’, ‘not be emotional’, ‘be rational’. We forget that it is feeling that gives meaning to our actions, and that without the energy supplied by emotions, no great tasks could be accomplished. Idealism, love, hate, compassion, a yearning for peace, as well as ambition are emotions that have time and again re-shaped the world. Not only fantasy and emotions, our senses too have fallen a prey to the press of “civilization”. Our sense of hearing, our sense of touch, our sense of smell, taste, sight are needlessly atrophied by over-specialized uses. Therefore, there is a need to break away from a formula approach to life and start a re-exploration of the endangered human powers that make us a unique species.



‘Lets feel proud that Art is the power we all possess, and that it can never be misused’



### ‘5 Senses learning’

The Creative Learning option can be used to address a myriad of day to day challenges faced by professionals including those related to

- Trust
- Teamwork
- Commitment
- Risk taking
- Conflict
- Assertiveness
- Integrity

To opt for the creative learning option for your organisation,  
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“Vision is the art of seeing what is invisible to others”  
-Jonathan Swift

### The good news

A carefully crafted plan can really increase our capacity for divergent thinking and creativity. First, the senses are spurred to enhance the pleasure associated with each. For example a cultivated sight is necessary to be a good painter and similarly a cultivated palate helps one become a better chef or at-least appreciate imaginative cooking. Second, the impediments to the growth of sensibilities are removed, such as the notion that ‘fantasizing is a waste of time’, or that ‘facts are better than feelings’ (Einstein thought that imagination was more important than facts). A lively interest in the arts, in nature, in science, in sports, in history, wide reading and interesting hobbies usually helps overcome rigidity and gives a boost to creativity.

“You can never solve a problem on the level on which it was created.”

*Albert Einstein*

**Nothing ever created is truly original....***What is important is the manner in which artists and art critics convey their personal adaptations of past ideas and influences.*



*We are constantly hit with a bombardment of ideas and interpret those ideas based upon our individual inclination. Thus, that individuality— the unique way that we solve problems with the information registered within our brain – is as close to originality as we will ever get. We humans are natural borrowers as dictated by our intellect and how we put our thoughts to work. Therefore, the learning techniques come to such use range from theatre to dance, painting, storytelling, even pottery making and cooking! And as Jean-Luc Godard said: “It’s not where you take things from - it’s where you take them to.”*