

# ACTING WITH SILENT VOICES



**We create spaces for connecting with silent voices  
and for bringing our resonances into the collective through common narratives.**

## Applied Theater

*"I believe that theatre (must) has to bring happiness; it must help us understand our time and ourselves better. Our desire is to understand the world we live in better so that we can transform it in the best possible way. Theatre is a form of knowledge and should also be a means of transforming society. It can help us build the future, instead of passively waiting for it to arrive."*

— Augusto Boal

*"Everyone has a story."*

— Joe Salas

Applied theater or transformational theater practices conceive dramatic expression and creation as a tool for change. This change can happen at a personal, group, community, and/or social level. Through art we embrace change for ourselves and for others. Working through expressive languages and the use of the body promotes a form of communication that goes beyond words, generating resonances and building new connections with other people and with our environment.

Playback Theater is one of these transformational theater practices.

In Playback Theater sessions, participants are invited to voluntarily share personal stories that are then dramatized. On the one hand, participants train their skill in deep listening to the stories shared by the storytellers, seeking to understand their emotional and inner world without judgment. On the other hand, simple techniques are introduced for using different expressive resources: body, acting, music, and more. In this way, people without prior dramatic training discover that they are capable of giving symbolic meaning to our everyday stories, our hopes, desires, fears, and everything the group spontaneously wishes to bring forward.

Playback Theater allows us to look around us and give new meanings to our world, creating shared narratives by moving from the individual to the collective through our resonances. It enables deep contact and a real and genuine encounter between people. For all these reasons, it is a powerful tool for group and community support.

# Nonviolent Communication and Authentic Dialogue

Nonviolent Communication is focused on human needs. It brings awareness to what yearning, what value, what life serving energy in each being is motivating its action, its thinking and feeling. Thus orientation comes from within. I can assess what is going on for me through self empathy.

That is very different to looking at life through moral judgement as for example trying to find out what is good and bad, how to be right or to be wrong, defined from the outside.

Responsibility lies in pinpointing the motivating needs, name them and ask for ways to get closer to them being seen, understood and eventually met. NVC as a life enriching attitude enhances power-with structures instead of power-over and seeks for raising freedom of choice for everyone independent from gender, age, status, culture, appearance, etc. in any social context.

What structures and ways of doing can we implement that serve all needs and thus expressions of life? By creatively adapting the ways of doing, the rules of the game and the strategies all life forms can be enhanced in their livelihood. We are invited to rethink our beliefs and cultural and economic conditioning.

Through Authentic Dialogue we are able to name impact integrating structural observations. It is a conversation around how behaviour influences our having access to resources and the ability of meeting needs, especially in situations of power differences. We listen to each other beyond the conditioned reactions of guilt and shame. We hold ourselves responsible without shaming or blaming.

Through Authentic Dialogue we manage to express authentically without risking belonging and connection. Impact is made visible, care and respect upheld and repair becomes possible.

## Intuition training

Training intuition means training our capacity to listen to our inner voice and to get a glimpse of the immense possibilities of knowing about ourselves and the world. When we start to give space to intuition, we slowly make this deep knowing conscious. We enable ourselves to act from intuition, to find the good next steps for us that serve life.

Acting from intuition allows us to approach our purpose in life step by step and connect to our inner strength.

We offer space for intuition to develop through guided meditations, visualizations and play and by bringing attention to our dreams and imagination. We particularly seek to deepen our capacity to listen to and communicate with other beings, either animals or plants.

**We invite you to experience in our workshops** our way of making these tools serve individual and collective processes.

We also love to **create adapted processes** for groups that ask for support in order to deal with a particular challenge or that want to focus on one of our tools. So don't hesitate to bring specific demands and ask for a proposal that meets your needs and budget.

For the **languages** that we can offer as facilitators, depending on the tool it is possible to have our support in Spanish, German, English, French and Arabic.

# PLAY BACK OUR MOUNTAINS, RIVERS AND THEIR BEINGS



In times of digital globalization, we offer spaces of empathic and intuitive connection to ourselves and nature and the opportunity of sharing our connecting experiences through Playback Theater. We do this in the Spanish Pre-Pyrenees and the German Pre-Alps.

We invite people to participate in a collective process of inquiry integrating heart and mind on the questions of how to be among the living as humans and take care of our environment.

Our facilitation will draw on tools for accessing and developing our empathy and our intuition, as well as on Playback Theater, as a transformative and connecting way of sharing stories. We will guide you into intuitive and empathic connection with nature. Through training in Playback theater we open spaces for sharing stories that might emerge for each of us when connecting to nature. Thus we create a common narrative and a space of care, listening, play and trust.

We offer this work in different places, where human connections and nature seem to invite us. The wish to

connect spaces in the Spanish Pre-Pyrenees and the German Pre-Alps comes from our personal networks and trajectories. It also arises from our environmental and social activism, which motivates us to make processes visible and tangible that seem to put those places at risk.

Creating spaces where beings and places connect through playback theater, empathy and intuition seems to us a good way to support life.

## Dates

30<sup>th</sup> of June - 5<sup>th</sup> of July 2026 in Gillué (Huesca) (in German and English).  
Five days with Diana Calvo and Kata Schlierf

9<sup>th</sup> - 12<sup>th</sup> of July 2026 in northern Catalonia (in Spanish)  
Three days with Diana Calvo and Kata Schlierf

20<sup>th</sup> - 22<sup>nd</sup> of August 2026 in southern Bavaria (in German and English)  
Three days with Diana Calvo, Kata Schlierf and Iris Schmidt Koopmann

## Diana Calvo Salvanés

My work is characterized by a personal methodology that integrates the artistic, the bodily, the narrative, and the symbolic, with the aim of creating spaces for transformation, deep listening, and shared responsibility.

I hold a degree in Arabic Philology from the University of Granada and a Diploma in Social Education from UNED, and I am currently completing a Bachelor's Degree in Social and Cultural Anthropology. Over the years, I have also pursued specialized training, including a Master's Degree in Art Therapy (University of Vic) and another in Psychosociodrama and Theatres of Transformation (Escuela Impromptu).

In my work I use art as a tool for collective care and I have focused much of my experience on theatres of transformation, particularly Playback Theatre—an improvised form of theatre in which stories shared by the audience are transformed into symbolic scenes.

I have worked on projects of this kind in Egypt and Spain, mainly addressing different issues related to social and environmental justice with diverse groups, seeking to accompany processes of change in individuals, communities, and in myself.



## Kata Schlierf



I work as a facilitator and trainer in the art of listening, supporting individuals and groups in the development of their capacity of (self-)connection, empathy, intuition and conflict transformation.

My personal and professional journey meant recovering my sensitivity and subtle perceptions that had been cut off in childhood; experiencing the magic of circles; going through many moments of learning to appreciate conflict as a way to show us how to connect again and again to life when listened to deeply. I have trained myself in a variety of approaches of deep listening and discovered how they complement each other: energetic listening with Jin Shin

Jyutsu, listening to our words and bodies individually and collectively through NonViolent Communication and restorative practices, and sensing into to our intuition, which is what I am focusing my training on in this moment.

I enjoy cocreating and facilitating spaces for learning together about these topics. I enjoy especially when I feel a sort of magic happen in the field that emerges when we connect to the heart and open up to subtle experience. I love to learn a bit more every day about my sensibility and about our capacity to communicate among the different entities that inhabit this world.

## Iris Schmidt Koopmann

I'm working as an IFS practitioner (certified by the IFSI) and NVC trainer (certified by the CNVC), bringing understanding to what really moves the person to behave the way she does. What is at its core? What human needs are fueling the experience? From a stance of open curiosity I bring awareness to relationships, a web of connections, between inner expressions or parts of us, between us and other people, between us and other expressions of life. How can we balance the needs for autonomy and belonging without hiding or exiling important facets of us? How can we rediscover our abilities to be in community, understood as the experience of authentic connection, unusual security, and extraordinary respect, a sense of community risen from conscious communication with ourselves and others. Recently I started to work as a Community Building facilitator. I understand that we need more spaces where we can unlearn the results of collective trauma, cultural and historic burdens in order to communicate efficiently and transform moral judgement into life serving insight.

ABOUT US



# CONTACT

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