



KEYNOTE TOPICS

STOP ACTING. GET REAL

Unlocking Performance Through the Rehearsal Room Theory

In this engaging and highly interactive keynote, Dr Andrew Lewis introduces The Rehearsal Room Theory—a powerful framework drawn from the world of acting that helps leaders and teams create environments where people feel safe to step forward, speak up and try new ideas.

Blending storytelling, humour and practical tools, this keynote explores how trust, connection and psychological safety unlock learning, innovation and performance. Participants leave inspired to create workplaces where people feel valued, heard and empowered to bring their best selves to work every day.

THE ENSEMBLE MINDSET

Creating Teams That Trust, Connect and Deliver

How ensemble principles help teams listen deeply, adapt in real time, work across silos and achieve collective success.

In this engaging and highly interactive keynote, Dr Andrew Lewis draws on the principles of great ensembles to reveal what makes teams truly exceptional. Drawing on decades of experience as an actor, director and facilitator, he explores how trust, shared awareness and authentic communication enable people to collaborate more effectively, adapt under pressure and achieve collective success.

Blending storytelling, humour and practical tools, this keynote demonstrates how the habits of high-performing ensembles can strengthen teamwork, break down silos and create cultures where people feel connected, valued and empowered to contribute. Participants leave with fresh insights and practical strategies to build teams that trust, connect and deliver.

ACT WELL - LIVE WELL

Act Well – Live Well: How Performance Principles Lead to Flourishing Work Lives

Unlock the actor's toolkit to cultivate creativity, adaptability and resilience — helping you navigate change, embrace possibility and thrive at work and in life.

In Act Well – Live Well, Dr Andrew Lewis explores how the craft of acting offers powerful lessons for living and working well. Drawing on decades of experience training performers, he reveals how principles such as imagination, play, presence and adaptability can help people move beyond self-limiting beliefs, respond more effectively to change and unlock new possibilities for growth. This isn't about pretending — it's about bringing your most authentic, creative and resourceful self to the challenges and opportunities of everyday life.

