

Chris Grimes

*Freelance Drama-Based Trainer,
Facilitator & Personal Impact Coach*

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Chris is a professional actor and freelance drama-based trainer/facilitator

Acting Experience: Chris has worked extensively in theatre, radio, voiceovers, commercials, corporate videos & in short films since 1988. He is director, founder member & regular performer with the highly acclaimed Comedy Improvisation & Corporate Entertainment Company **Instant Wit**

www.instantwit.co.uk

Training & Facilitation Experience: For the last 14 years Chris has also been a Partner & Principal Consultant with **Barking Productions**, a drama-based training company which he co-founded in 1996.

During this period Chris worked with a broad range of clients and at all levels of seniority & in a wide variety of different roles, including experience of having worked - in no particular order - as an *actor, trainer, role-player, facilitator, writer, project manager, client manager, programme designer, personal impact coach, drama workshop leader, presentation skills trainer, comedy improvisation teacher, voice coach, comic sketch writer and presenter*.

Going Freelance: As of February 2010, Chris has made the decision to go "Freelance" in the drama-based training arena, drawing upon the portfolio of skills that he has developed variously over the last 14 years at Barking Productions.

If any of the skills mentioned above could be of possible service to you, to assist you in your own drama-based training & creative endeavors, then I'd be delighted to hear from you.

Education & Professional Membership:

- **Bed (Hons) Speech & Drama**, Central School of Speech & Drama, London;
- **Diploma in Acting and Drama**, Bristol Old Vic Theatre School;
- **Member of Equity**

Chris Grimes - A Selection of Client Experience:

London Business School: Chris was programme designer, client manager, lead facilitator & actor on a 2 day programme, 'Personal Impact & Communication Skills' which ran for several years with Students of the Sloan Fellowship Executive MBA: Responsibilities included whole group facilitation - taking delegates and fellow actors through an Interactive Forum Theatre scenario - which Chris also co-wrote - as well as facilitating a session on the Mehrabian Model, providing tools, tips & techniques on "Personal Impact" from a professional actor perspective - plus an exploration of the GROW coaching model. Chris also role-played & facilitated in a series of "surgery role-play" style sessions, in which he was required to improvise a character after only a quick briefing, in order to provide the appropriate challenge for each delegate, one at a time x 6 role-plays in all per session. Chris successfully creates an atmosphere of trust and learning in these small-group situations, also enabling delegates to take risks & try out new behaviors, in a safe & supportive environment. Chris is highly experienced in offering direct, honest & constructive feedback in the context of often complex client scenarios.

Aardman Animations: Chris ran a series of Comedy Improvisation & Acting Masterclasses for Animators & Storyboard Artists at Aardman Animations.

Ofgem: Chris ran a series on one-to-one coaching sessions for Senior Managers wishing to explore a variety of issues concerning their 'Personal Impact'. The sessions broadly followed the GROW Coaching Model and included an exploration of "Presence" - based on the approach of acclaimed theatre practitioner & voice coach Patsy Rodenburg - as well as providing input on Speech Physiology, Voice & Text. The sessions also included one-to-one role play, to encourage coachees to explore different approaches & behaviors when tackling their particular situations.

Ministry of Defence: Chris was writer, lead facilitator & actor on an interactive forum theatre intervention on the MOD's "Strategic Plan". The aim of the programme was to increase the clarity of communication across several different Defence Agencies, through an exploration of the behavioral issues raised when attempting to implement the Plan. Chris facilitated with audiences of up to 200 delegates at a time in a series of "road shows" taking in several Defence sites across the UK.

Homeserve: "Treating Customers Fairly". Chris co-wrote and facilitated a series of road shows - in an interactive forum theatre style - for Telesales staff at Homeserve, using humorous sketches to help bring alive & embed behaviours prevalent to the FSA's initiative of Treating Customers Fairly.

National Audit Office: A programme which has been running for the last 3 years. Chris is a group facilitator and role-player. The role-play itself involves improvising up to six characters, going in to depth about each character's background, whilst being required to sound authentic as a National Audit Office employee. Chris provides an appropriate level of challenge to each delegate & is required to give developmental feedback to delegates both in and out of role.

Orange: Chris co-wrote and performed a comic speech on "The History of Leadership" for the Board of Orange. The speech was performed in conjunction with an **Instant Wit** Corporate Entertainment show plus a "Creativity Masterclass" Team Building Event, which Chris co-designed.

Diageo: Chris was programme designer & lead facilitator on 'Presenting with Impact', as part of Diageo's 'Project Liberate' Leadership Programme. Chris ran a series of Advanced Presentation Skills sessions, which included input on speech physiology, voice & text - plus individual coaching and feedback for each participant on a "stump" speech of their choice. Chris also designed a pre-course questionnaire for each participant, to help raise awareness about their voices & personal impact, by

inviting them to reflect on any feedback that they had received about themselves - both at work and in their personal lives - to date.

EPSRC: Chris was Conference Presenter at the European & Physical Sciences Research Council's Annual Conference, which included conducting a series of Q&A Interview Sessions with all of the Senior Team - including the Chief Executive - in turn - in a Michael Parkinson-esque style, to help each of them come across more accessibly to staff attending the Conference. Preparation for the Conference also included Chris giving individual one-to-one Presentation Skills coaching to all of the Board Members.

To connect with Chris on "Linked In" go here : <http://uk.linkedin.com/pub/chris-grimes/1/15/311>

CHRIS GRIMES – April 2010



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