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Cécile Berthe

Naturopath, Pedagog,
Actress, Theatre Director

PROFIL

For more than 25 years, I have been teaching and coaching individuals and groups in the field of Performing Arts and creative development, in various places around the world.

Being a professional artist in an international theatre company, I met during our numerous projects and travels, the challenge face by many to combine their family and social life, their passion at work and the care for their health.

I got deeply dedicated in learning how to help and accompanying the person in their lifestyle and studied naturopathy, specialised in diet, exercise, stress management and wellbeing.

PROFESSIONAL EXPERIENCES

2023 : Seminars on voice, body, singing in Florence, Paris, Belgium.

2022 / 2023 : Voice and Theatre teacher at Comteatro, Milan.

October 2022 to February 2023 : Teacher for a project with teenagers at Laboratorio, Florence.

May 2022 : Voice and Theatre teacher in Teatro Fabbrica Esperienza, Milan.

March 2022 : Guest speaker at Mechri, Laboratorio di filosofia e cultura, Milan.

March 2022 : Voice and Theatre teacher in Art-T Studio, Brussels.

2002 - 2022 : Member of the Workcenter of Jerzy Grotowski and Thomas Richards, international company in Performing Arts research.

Acting & Singing

2002 - 2008 : *The Letter* (previously *The Twin : an Action in creation*).

2002 - 2006 : *Dies Irae: The Preposterous Theatrum Interioris Show* (previously *One breath left*).

2009 - 2019 : *The Living Room*.

2015 - : *L'heure fugitive* (previously *Chez Eve*), solo creation.

Directing

2021 - : *Be careful what you wish for*, Director.

2017 - 2021 : *Sin Fronteras*, Assistant Director.

2016 - 2021 : *The Underground : Response to Dostoevsky*, Assistant Director.

2020 - : *Han!*, Assistant Director.

Teaching acting, singing and dramaturgical writing

2010 - 2022 : Leading teacher for the yearly workshop in Art-T Studio, Brussels.

2016 - 2021 : Yearly Master Course, Pontedera.

2011 - 2021 : Biennial workshop in ARTA, Paris.

2019 : Leading teacher for work sessions on songs in the Théâtre de la Ville, Paris.

2019 : Leading teacher for a workshop in the International Anatolian University, Eskisehir.

2011 - 2018 : Yearly Summer Intensive Program, Pontedera.

2018 : Leading teacher for a workshop in Arcade Americana, New York City.

2018 : Leading teacher for a workshop in the school of Cassiopea, Rome.

2013, 2014, 2017 : Teaching at the school of National Theatre of Bretagne, Rennes.

2017 : Leading teacher for a workshop in Vallicelle, Pontedera.
2017 : Teaching at Yale National University of Singapore.
2017 : Leading teacher for a workshop in Medrese, Izmir.
2017 : Leading teacher for a workshop at Spazio Teatro Invito, Lecco.
2017 : Workshop at Frigoriferi Milanese, Milan.
2016 : Leading teacher for a workshop in Fundación Aisge, Barcelona.
2015: Workshop in U-Theatre, Taiwan.
2014: Leading Teacher for a workshop in La Guillotine, Paris, France.
2011 : Leading teacher for a workshop in Vallicelle, Pontedera.
2011 : Workshop in NYU University, New York.
2010 : Teaching at L'École Supérieur d'Acteurs, Liège.
2010 : Workshop in Lisbon.

Tours, Presentations and Intercultural Meetings

2019 : Théâtre de la Ville, Paris.
2019 : Teatro Era, Pontedera.
2018 : Cultural Festival of Zacatecas, Mexico.
2018 : New Visions Arts Festival, Hong Kong.
2017 : Teatro della Pergola, Florence.
2017 : Mechri Laboratorio di Filosofia e Cultura, Milan.
2017 : NUS, Yale University of Singapore.
2017 : Medrese, Izmir and Moda Sahnesi, Istanbul.
2017 : Espace Montevideo, Marseille.
2017 : Teatro Akademia, Barcelona.
2016 : Fringe Festival, Edinburgh.
2016 : Instytut im. Jerzego Grotowskiego, Wrocław.
2016 : La Soffitta, Bologna.
2015 : U-Theater, Taiwan.
2015 : Performing Arts Festival, Seoul.
2015 : International Festival, Fabbrica Europa, Florence.
2015 : Carolyn Carlson, La Cartoucherie, Paris.
2014 : Festival des Arts Sacrés Andreï Tarkovski, Pontigny.
2013 : UNEARTE, Caracas.
2013 : National Theatre « Ion Dacian », Bucharest.
2012 - 2013 : FIT Festival, SESC, São Jose do Rio Preto, Ouro Preto, São Paulo, Belo Horizonte.
2012 - 2013 : Il Gesto Dell'Arte, with Diafora, Albino and Bergamo.
2012 : Shanghai Theatre Academy, Shanghai.
2011 - 2012 : La Fonderie, Le Mans.
2011 : International Festival for Musical Performing Arts "Life is Beautiful", Bucharest.
2011 : Festival Testimonianze ricerca azioni by Teatro Akropolis, Genova.
2011 : Florida State University, Trinity University, Texas, Yale University and New York University.
2010 : L'Ancre, Charleroi; Le Garage 29, Brussels.
2010 : VIE Scena Contemporanea Festival, Modena
2007 - 2009 : Project *Horizons*, city of Wrocław and Grotowski Institute, Wrocław.
2008 : Teatro della Tosse, Genova.
2003 - 2006 : International Project Tracing Roads Across, supported by the Programme of the European Union "Culture 2000", with co-organizers from Italy, France, Austria, Bulgaria, Greece, as well as partners from Great Britain, Russia, Greece, Turkey, Cyprus, Bulgaria, Poland and Tunisia.

Before 2002

2002 : Estrades, Assistant Director, Théâtre de la Balsamine, Brussels.
2201 - 2002 : Theatre Atelier at the primary school Sacré-Coeur de Lindthout, Brussels.
2001 - 2002 : Belgian Improvisation League, actress, Brussels.
1997 - 1998 : Teaching volunteer, Kigali, Rwanda.
French teacher and music teacher at the technical high school of Gatenga.
Art and Theatre teacher at the Belgian School; Art teacher at the kindergarten of the Red Cross.
Assistant at the kindergarten of the European Private School.

FORMATIONS

2022 / 2023 : DuoPratik, DFM Formation, Santé fonctionnelle

2021 - 2022 : Coursera Certifications: Psychological First Aid; Moralities of everyday life; The Science of well being; Standfort Introduction to Food and Health; Introduction to Psychology; Psychologique de l'enfant; Philosophy, Science and Religion; De-Mystifying Mindfulness.

2013 - 2016 : Naturopathy at CERPFA, First school recognized by the Fédération Européenne Des Écoles (FEDE). Spécialisation in nutrition et psychophysical well being.

1998 - 2001 : Theatre studies in the Conservatoire d'Art de la parole de Liège, Premier Prix, Liège.

1995 - 1997 : Formation for Educator, SEM (Services Equipes Moniteurs), Brussels.

1991 - 1996 : Theatre courses at Pré-Vert and at the Academy of Auderghem, Brussels.

1986 - 1992 : Music theory and et transverse flute at the Academy of Auderghem, Brussels.