

GABY MILKY

Workshops & Training

Theatre. Film. Communication.

for people who want to be heard

LIFE
IS
A
STAGE



HI, I'M GABY

I teach people the tools actors use every day.

I'm an award-winning playwright and director, a filmmaker and a puppeteer, and I've been teaching for over 15 years. Universities, performing arts academies, corporate teams, and a lot of three-year-olds who just found out they have a voice.

Listening, reading a room, knowing what you want and saying it clearly. Actors practice this every day. Most people never get the chance.

So that's what my workshops are. **Practice.** You get up, you try things, you mess up in a safe room, and you leave doing it better.

PROOF IT WORKS

I don't just teach it. *I make it.*

My play *Peter Pan Syndrome* won **Best Script** and **Best Ensemble**, with nominations for Best Play, Best Director and more. Everything I teach comes from the rehearsal room, not a textbook.



Different rooms. Same goal.

Companies & teams

Leadership, sales, customer-facing staff, anyone who presents, negotiates or manages people.

Universities

Students in media, film, theatre, business and communication. Faculty development days too.

Schools

Students of every age, and teachers who want more presence in the classroom.

Kids' centers

Play-based sessions for ages 3 to 12, after school or during the holidays.

Arts academies & theatres

Actor training, puppetry, storytelling and performance.

NGOs & government

Cross-cultural communication, youth programs and dialogue spaces.

Conferences & events

Short, high-energy sessions that wake a room up.

Not on the list?

If people need to talk, listen or work together, I can probably help.

HOW I WORK

Less talking about it. More doing it.

1 You learn by doing.

Every session is on your feet. No slides, no lectures.

2 It's built around you.

Before we start, I find out who's in the room and what they actually need.

3 It's safe to fail.

People take risks when they're not scared of looking stupid. That's the room I build.

4 It sticks.

You leave with techniques you can use the next morning.



WORKSHOP 01

Storytelling

Say it so people remember it

People forget facts. They remember stories. We break down how a good story actually works: structure, character, what someone wants, and what's in the way. Then you build your own, tell it, get feedback, and try again.

YOU'LL LEAVE WITH

- A simple structure for any story, pitch or presentation
- The ability to find the story inside dry information
- More confidence telling it out loud

BEST FOR

Companies, universities, high schools

FORMAT

Single session, series, or a full term



WORKSHOP 02

The Power of Collaboration

Better together, for real

Most teams say they collaborate. Fewer actually do. Using ensemble games and group creation from theatre, we get people listening, building on each other's ideas, and solving problems together instead of competing or going quiet.

YOU'LL LEAVE WITH

- Better listening, less talking over each other
- A team that builds on ideas instead of shooting them down
- Practical tools for creative problem-solving

BEST FOR

Corporate teams, student groups, school staff

FORMAT

Half day, full day, or a series



WORKSHOP 03

Role-Play & Real Scenarios

Rehearse the hard conversations before they happen

You can read about difficult conversations all day, but you only get better by having them. We recreate real situations from your workplace, like a tough client, giving feedback, or handling conflict, and you practice them with actors. Then we stop, look at what happened, and run it again.

YOU'LL LEAVE WITH

- Calm under pressure
- Stronger emotional intelligence in the moment
- Real practice with the situations you dread most

BEST FOR

Managers, leadership, HR, sales, customer service

FORMAT

Half day or full day, built around your organization



WORKSHOP 04

Subtext

The meaning behind words

Actors spend years learning to play what's under the line. This workshop teaches you to notice it: tone, pauses, body language, and the gap between what someone says and what they want. Then we flip it, so you learn to say things with clear intention.

YOU'LL LEAVE WITH

- The ability to read emotional cues and hidden tension
- Better instincts in meetings, negotiations and classrooms
- A clearer, more intentional way of speaking

BEST FOR

Leaders, negotiators, teachers, actors, students

FORMAT

Single session or series



WORKSHOP 05

Public Speaking & Stage Presence

Stand up, and actually be there

Being nervous isn't the problem. Disappearing is. Using voice, breath, body and focus work from the stage, we help you walk into a room and own it, whether it holds five people or five hundred.

YOU'LL LEAVE WITH

- A stronger, clearer voice
- Body language that works for you
- Real tools for handling nerves
- Confidence presenting, pitching or speaking up

BEST FOR

Professionals, students, teachers

FORMAT

Single session, series, or one-to-one coaching



06

Acting & Confidence for Kids

Ages 3 to 12. Where little voices get big

WORKSHOP 06

Through games, characters, movement and make-believe, kids build imagination, learn to listen, express what they feel, and find their confidence. It looks like play, and it is. But a lot is happening underneath.

YOU'LL LEAVE WITH

- More confidence speaking and being seen
- Better listening and turn-taking
- Healthy ways to express emotions
- A lot of fun

BEST FOR

Schools, nurseries, kids' centers, summer camps

FORMAT

Weekly classes, holiday camps, or one-off sessions

WORKSHOP 07

Puppetry Training for Performers

Alive, not a sock on a hand

As Creative Director of Les Marionnettes, the UAE's first dedicated puppet theatre, I train performers to work with puppets properly. Focus, breath, movement, voice, and syncing the puppet's intention with your own, until the audience forgets you're there.

YOU'LL LEAVE WITH

- Solid puppetry fundamentals
- Control of focus, breath and lip-sync
- The ability to give a puppet real life and personality

BEST FOR

Actors, theatre companies, drama departments, educators

FORMAT

Intensive workshops or ongoing training



08

Digital Communication & Culture

Same message, different worlds

WORKSHOP 08

What lands in Beirut might flop in Dubai, and what works on stage might get you in trouble online. We look at how culture, context and censorship shape the way we tell stories and communicate, especially in digital spaces.

YOU'LL LEAVE WITH

- Awareness of how context changes meaning
- Sharper cross-cultural communication
- A critical eye on media, storytelling and censorship

BEST FOR

Universities, media students, NGOs,
international teams

FORMAT

Single session or series

09

The Warm-Up

A short session that wakes up a room

WORKSHOP 09

45 to 60 minutes of quick games, audience participation and a lot of laughing. Built for conferences, retreats, staff days and school assemblies, where you've got a big group and not much time.

YOU'LL LEAVE WITH

- A room that's awake and paying attention
- Instant connection between people who just met
- Energy that carries into the rest of the day

BEST FOR

Conferences, corporate events, assemblies, orientation days

FORMAT

45 to 60 minutes, large groups

WHERE I'VE TAUGHT AND TRAINED

Dubai, Sharjah, Lebanon, and counting.

**Sharjah
Performing Arts
Academy**

**Courtyard
Playhouse**

The Junction

Fabrika Dubai

Fresco Formation

Les Marionnettes

**Cinema4Peace
Academy**

**Amity University
Dubai**

**Higher Colleges
of Technology**

**Notre Dame
University
Lebanon**

BUILT FOR YOU

Don't see exactly what you need? Good.

Most of my best work has been custom. I can mix workshops, build a program across a term or a year, or design something around one specific problem: a team that isn't talking, students who freeze up, teachers who are burnt out.

GROUP SIZE

Up to 20 works best

WHERE

Dubai, Lebanon, or travel

LANGUAGE

Arabic, English

Single session

One topic, 2 to 3 hours

Workshop series

3 to 6 sessions that build on each other

Term program

Ongoing, with a final showcase if you want one

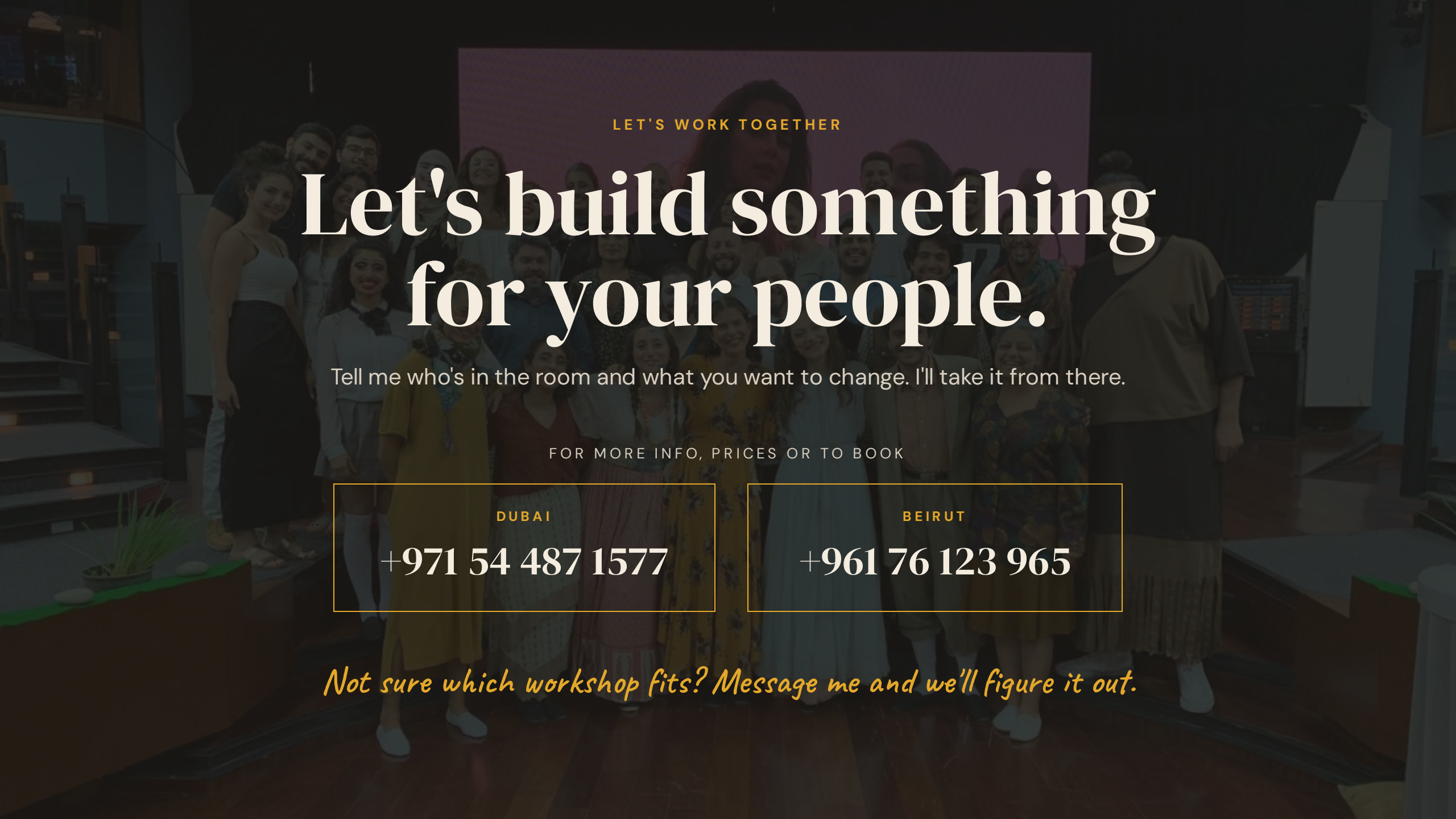
One-to-one coaching

For presenters, leaders and performers

Teacher training days

For school and university staff

Pricing depends on the format and group size. [Get in touch for a quote.](#)



LET'S WORK TOGETHER

Let's build something for your people.

Tell me who's in the room and what you want to change. I'll take it from there.

FOR MORE INFO, PRICES OR TO BOOK

DUBAI

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BEIRUT

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Not sure which workshop fits? Message me and we'll figure it out.