

SUMMARY

The author focuses in her work on the importance and possibilities of dramatic improvisation in the social-personal development of adults. She points out principles and rules of this method, which can help in the development of each person's potential. Subsequently, she concentrates especially on themes like barrier outdoing, self-confidence, single-mindedness, fantasy, emotion control, acting skills and the art of dialog. Furthermore, in the preparation and implementation of courses she emphasizes principles and methods in accordance with the didactic cycle C-M-I-A-R-E. Author presents requirements for instructors as well as overall organization of those courses. In conclusion, model exercises, which can be faced by participants of dramatic improvisation, are shown. Author then explains their purposes and analyzes them step by step.