

STAND-UP COMEDY WORKSHOP

UNMUTE YOURSELF

Build Confidence Through Stand-Up Comedy Tools



CURRICULUM & FACILITATOR GUIDE

NO COMEDY EXPERIENCE REQUIRED

5 SESSIONS

4 x 3-HR WORKSHOPS

1 LIVE SHOW

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PROGRAM OVERVIEW

Unmute Yourself is a five-part experience that uses the tools of stand-up comedy to build real-world confidence, voice, and presence. Over four structured 3-hour workshops, participants move from freewriting personal stories to performing a polished five-minute set. The program closes with Session 5: a live performance in front of a real audience, no comedy background required.

4
WORKSHOPS

3 HR
PER SESSION

12 HR
TOTAL TRAINING

5+ MIN
FINAL SET

SESSION	FOCUS	WHAT HAPPENS
Session 1	Finding Your Voice	Break the ice, learn what makes stories funny, and mine your own life for material.
Session 2	Crafting the Joke	Learn joke architecture — setup, punchline, callbacks — and write your first bits.
Session 3	Stage Presence & Delivery	Work on timing, physicality, mic technique, and turning nerves into energy.
Session 4	Polish & Handling the Room	Tighten your set, run a full dress rehearsal, and prep for anything the crowd throws at you.
Session 5	Live Performance	Perform your set on a real stage, in front of a real audience.

BY THE END, PARTICIPANTS WILL BE ABLE TO

- Write and structure original comedic material
- Perform a 5-minute stand-up set with confidence
- Use pause, pace, and tone to control a room

- Handle silence, nerves, and unexpected reactions
- Speak publicly with more ease in any setting
- Give and receive constructive creative feedback

SESSIONS 1 - 2

SESSION 1

FINDING YOUR VOICE

3 HOURS

The opening session breaks the tension around "being funny" and reframes comedy as honest observation. Participants get comfortable speaking in front of the group, learn the core building blocks of what makes something land, and start digging into their own lives for raw material — the awkward moments, pet peeves, and everyday absurdities every set is built from.

GOAL Get comfortable in the room and generate a first bank of personal material.

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|--|---------------|
| ▶ Welcome, group agreements & icebreaker: "Two Truths and a Bit" | 30 min |
| ▶ What makes things funny: truth, surprise, exaggeration, specificity | 40 min |
| ▶ Watching & deconstructing short sample sets as a group | 30 min |
| ▶ Break | 15 min |
| ▶ Freewriting workshop: mining daily annoyances, family, and firsts for material | 45 min |
| ▶ Share-out circle: read one raw idea aloud, no judgment | 30 min |
| ▶ Recap & homework: bring 3 expanded stories to Session 2 | 10 min |

SESSION 2

CRAFTING THE JOKE

3 HOURS

Session 2 turns raw stories into structured jokes. Participants learn the mechanics of setup and punchline, the rule of three, misdirection, and the callback — then apply each technique directly to the material they brought from Session 1, building the backbone of their eventual set.

GOAL Convert personal stories into 3-4 structured, punchy bits.

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|---|---------------|
| ▶ Warm-up: rapid-fire "one-liner" exercise in pairs | 20 min |
| ▶ Joke anatomy: setup, punchline, tag, the rule of three | 40 min |
| ▶ Misdirection & the callback — planting and paying off a joke | 30 min |
| ▶ Break | 15 min |
| ▶ Writing lab: rework Session 1 stories into structured bits with a partner | 50 min |
| ▶ Table reads: perform bits seated, get quick-fire peer notes | 30 min |
| ▶ Recap & homework: memorize a rough 2-minute run | 15 min |

SESSIONS 3 - 4

SESSION 3

STAGE PRESENCE & DELIVERY

3 HOURS

With material in hand, the focus shifts from writing to performing it. Participants get on their feet and work on timing, pacing, physicality, and mic technique. A key part of this session is reframing nervous energy as stage energy, and learning to use pause and silence as a tool rather than fearing it.

GOAL Deliver material standing, with intentional timing, pace, and physical presence.

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|---|--------|
| ▶ Warm-up: physical & vocal exercises (breath, posture, projection) | 20 min |
| ▶ Mic technique 101: holding, distance, volume, movement on stage | 30 min |
| ▶ Timing & the power of the pause — landing a punchline | 40 min |
| ▶ Break | 15 min |
| ▶ Individual run-throughs at the "mic" with real-time coaching | 45 min |
| ▶ Turning nerves into energy: reframing exercise & grounding techniques | 30 min |
| ▶ Recap & homework: refine set to a tight 3-4 minutes | 20 min |

SESSION 4

POLISH & HANDLING THE ROOM

3 HOURS

The final workshop before the live show is a full dress rehearsal. Sets are tightened, transitions smoothed, and participants learn how to handle real crowd dynamics — dead silence, heckling, and adapting on the fly. Everyone leaves with a performance-ready five-minute set and a clear run order for Session 5.

GOAL Lock a performance-ready 5-minute set and prepare for a live crowd.

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|--|--------|
| ▶ Warm-up & quick individual set check-ins | 20 min |
| ▶ Handling the room: silence, hecklers, and adapting to audience energy | 40 min |
| ▶ Opening & closing lines: how to walk on and walk off with impact | 30 min |
| ▶ Break | 15 min |
| ▶ Full dress rehearsal: each participant performs the complete set | 50 min |
| ▶ Group feedback & final adjustments | 30 min |
| ▶ Logistics briefing for Session 5: run order, arrival time, venue notes | 15 min |

SESSION 5

SESSION 5 · SHOWCASE

LIVE PERFORMANCE

SHOWTIME

The capstone of the program: every participant performs their five-minute set on a real stage, in front of a live audience. This is the moment the microphone unmutes for good — all the writing, rehearsal, and stage work from Sessions 1–4 culminates here. Friends, family, and the public are invited to fill the room and create a genuine, high-energy crowd.

01

ARRIVAL & SOUNDCHECK

Participants arrive early for a mic check, run-order confirmation, and final nerves-settling warm-up.

02

DOORS & HOST OPEN

Audience is welcomed in by a host or facilitator, who sets the tone and introduces the showcase.

03

THE SHOW

Each participant performs their full set in the confirmed run order in front of the live crowd.

04

CELEBRATION

Closing remarks, group photo, and a celebration of everyone who unmuted themselves.

WHAT MAKES SESSION 5 WORK

- Real audience, real stakes, real applause
- Host manages pacing and energy between sets
- Facilitators available backstage for last-minute support
- Every participant performs, regardless of experience level
- Optional recording so participants can watch their own growth
- Certificate or recognition moment at the close of the show

SPEAK · CONNECT · ENGAGE · NO COMEDY EXPERIENCE REQUIRED