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UNIVERSITY OF CALIFORNIA SAN DIEGO

The Purposeful Team: Building Positive Team Dynamics through Mindfulness

A Thesis submitted in partial satisfaction of the
requirements for the degree Master of Fine Arts

in

Theatre and Dance (Stage Management)

by

Nicholas Lambros Smith

Committee in charge:

Lisa Porter, Chair
Robert Brill
Lora Powell

2020

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The Thesis of Nicholas Lambros Smith is approved, and it is acceptable in quality and form for publication on microfilm and electronically:

Chair

University of California San Diego

2020

DEDICATION

This thesis is dedicated to everyone that I have worked with in my theatrical career,
especially those who made the road less predictable.

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File 2. *Man in Love* Calling Script pages 12-17, lambrossmith_Calling_Script_p_12-17.pdf

File 3. *Man in Love* Calling Script pages 24-29, lambrossmith_Calling_Script_p_24-29.pdf

File 4. *Man in Love* Calling Script pages 77-80, lambrossmith_Calling_Script_p_77-80.pdf

ACKNOWLEDGEMENTS

My mother, Minnie Lambros Whitesides. Thank you for giving me the passion and the drive to explore what it means to make art, to grow, and to be my authentic self.

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To the many iterations of my cohort over the last two years and two quarters. Thank you for sharing authentically and allowing me to be my most vulnerable self.

To Pepita, thank you for the warmth. Please stop walking on my keyboard fklsh4klfnfs653.

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And most of all, to Constantino Zapien Ramos, for being by my side on this journey, and for all of the ways that you push me to be a better human being. I love you.

I love you all.

ABSTRACT OF THE THESIS

The Purposeful Team: Building Positive Team Dynamics through Mindfulness

by

Nicholas Lambros Smith

Master of Fine Arts in Theatre and Dance (Stage Management)

University of California San Diego, 2020

Professor Lisa Porter, Chair

The UC San Diego production of *Man in Love* was a collaboration between the two areas of the Department of Theatre and Dance, blending traditional theatrical storytelling with expressive dance interludes. To meet the show's needs, I chose to think strategically about building a Stage Management team that could easily handle the challenges of this ambitious project. By focusing on awareness and being mindful of the human needs of the production, I was able to foster a team dynamic where each of us could stretch our skills in an environment of informal mentorship and friendly feedback, allowing us to lead with equanimity and grace.

The cast and crew came from widely diverse backgrounds and levels of expertise. For many, this was their first time on stage. The show would also take place in the largest of the five

theatres on campus. Part of my team had been assigned by my mentors, and I determined that we would need two additional members to meet the needs of the show. To ensure that the cast and crew found representation in their leadership, I was very deliberate about bringing diversity into the group. I established a nightly check-in where we could self-reflect and share our discoveries with each other and encouraged each of us to try new things. As we encountered challenges, I modeled transparency and authenticity in sharing our feelings. These considerations allowed us to thrive and gave us the cohesion we needed to be a group of highly functional leaders.