



WORKSHOP PACK



AWA DANCE (Advancing Women's Aspirations with Dance) is a CIO (Charitable Incorporated Organisation) based in the UK, founded by the choreographer Avatâra Ayuso. AWA DANCE is dedicated to the leadership development of women and girls, using the transformative power of dance as the tool to empower their voices. We are also a network of creative, confident and inspirational female leaders that contribute to the progress of the dance sector and the wider 21st century society.

Our vision is a world where every woman and girl is an empowered, resilient and brave Leader.

Our mission is to advance the leadership aspirations of women and girls through the transformative power of dance as the tool to empower their voices, to produce the change they want to see in the world.

WHY DANCE?

We believe that DANCE is a powerful tool that can be used to connect deeply with our body (soul, heart, and guts), helping us to transcend social, political and cultural boundaries in order to connect with each other. Dancers are taught, from a young age, many practical skills that are advantageous to being a successful leader, such as: body confidence, physicality, spatial awareness, receiving feedback without defensiveness, rigor, dedication and resilience. These are tools dancers use to empower themselves, and tools that can be transferred to encourage leadership ability in women and girls in the wider society. Dance is also a way to channel your passions. It fosters self-expression. We need a society, containing women and girls, that are not afraid of sharing their ideas and passions, and dance can be the way.

FACTS

- 64% of girls will have quit physical activity by the age of 16 or 17 (Girl Up, United Nations, 2019)
- By age 7 girls are already less active than boys and this disparity widens as they move from childhood into adolescence, yet dance is one of the top activities amongst girls with 22% taking part (Youth Sport Trust, Girls Active 2017-2019, 2019)
- While overall adult activity rates decreased by 7.1% during lockdown, 168,000 adults became involved in dance activity in the UK between March and May 2020 (Sport England, Active Lives Adult Survey, 2020)
- Regarding leadership, 63% of girls surveyed want to see a greater focus on building girls' skills and confidence to be leaders. (Girlguiding, Girls' Attitude Survey, 2020)

WHAT MAKES US DIFFERENT?

AWA DANCE is the first charitable organisation that brings together three very relevant realities for the societies of the 21st century to inspire female leadership:

- 1) The transformative power of Art (Dance)
- 2) Leadership
- 3) Women and Girls empowerment



OUR UNDERSTANDING OF LEADERSHIP

We believe in promoting LEADERSHIP as more relevant to our 21st century reality, Leadership that is transformational, adaptable, empathetic, inclusive, collaborative, creative, resilient and resourceful. We question assumptions and empower the individual from within to allow us to take ownership of our own life, and impact the lives of others. The starting point for our leadership approach is based on our five core DANCE values: Dream big, take Action, Navigate the world, Create an artistic and leadership voice and Empower others.

We pride ourselves on being a team who is adaptable in our approach, collaborative in our workplace and resilient in our strategy. By incorporating the female perspective and feminist values in our approach to leadership we want to change outdated forms of patriarchal and exclusive leadership, looking to nurture the new generation of women and girls to lead our world towards a more inclusive, representative and resilient future.

OUR TEACHERS/SPEAKERS/AMBASSADORS

Training is delivered by experienced and engaging professionals who will enthuse and motivate you to get the best from your participants. They are all Enhanced DBS checked.

Our UK based team has the expertise in the fields in which they are teaching and sharing, ensuring the content is delivered to the highest standards.

WHAT ARE THE MEASURABLE OUTCOMES

- Enables participating students to become more confident, self-assured and self-aware
- Improves quality of emotional and physical wellbeing by increasing physical activity, enabling participants to prioritise their self-care.
- Equips participating students to tackle the challenges of different stages they'll be confronted with.
- Develops leadership skills and capabilities
- Creates a cohort of engaged leaders and role models which can facilitate a network of surrounding support
- Improves values such as empathy, team work, collaboration, tolerance
- Develops communication skills and ability to give constructive critical feedback
- Offers a opportunity to be part of our AWA DANCE community with future openings

DETAILS

Given the unprecedented times that we've experienced over this past year, AWA DANCE will always provide a current risk assessment and follow guidelines for safe practice set by the Government and One Dance UK (national body for dance). Measures will be put in place to ensure the safety of our team and the organisations with whom we are working. Please feel free to contact us to discuss setting up a workshop tailored specifically to you and your organisation's needs. In the following pages you will find detailed information about the activities we can deliver along with their corresponding costs. We also offer annual mentoring and leadership boot camp programmes (check our website for those) and we have created a resources pack to celebrate international day of the girl every year on 11th October.



WORKSHOP & AGE RANGE SUITABILITY	BENEFITS & OUTCOMES	COST & TIME
<p>Inspiring Talks: Role Models: Exceptional successful women from the creative industries discuss who they are and how they got there.</p> <p>For all ages (girls, young people to established professionals)</p>	<p>Women inspiring girls and women, by giving them the opportunity to hear successful stories in order to build resilience, determination and courage. Role model awareness is essential to build confidence, create realistic expectations and contribute to a communal cohesion between girls and/or women. Also, a valuable experience for mixed gender schools.</p>	<p>Cost: Online £0</p> <p>(No fee)</p> <p>Duration: 1h</p>
<p>Dance & Leadership Curriculum: Dance and Leadership workshops based on our specially designed curriculum of 15 sessions that work on main leadership skills including empathy, resilience, creativity, collaboration, self-expression, giving and receiving feedback, risk taking, teamwork and wellbeing through the practice of dance.</p> <p>For all ages (girls, young people to established professionals)</p>	<p>These workshops are practical sessions, specifically designed to work on different aspects of your leadership development.</p> <p>They are designed specifically to create an environment where self-empowerment can be achieved.</p> <p>We will also cover the relationship between leadership and wellbeing and how to take care of ourselves in order to be able to lead others</p>	<p>Cost: £200 ½ Day</p> <p>Other costs: see below</p> <p>These can be booked as a package or as single sessions.</p>
<p>Me, myself and I: Nobody has a perfect dance body. How can we turn “imperfections” into assets? This workshop has been developed complementing the dance film project ‘Let Them Eat Cake’ funded by Arts Council England, a film on girl empowerment, where three girls’ rebel against the constrictions imposed on their relationships with their body image..</p> <p>Ages 12-18 years old, suitable inclusively for all genders, basic dance knowledge required.</p>	<p>This dance film will be used as an educational tool for AWA DANCE to empower young girls by reinforcing the importance of positive body image. To fully build one's confidence, one must instil self-love to enable an understanding that we are all worthy of greatness. This activity will teach students to accept and to love their bodies and be proud of it. The safety of the activities and environment will encourage them to take agency over their bodies. This will be a confidence boosting dance and reflective workshop where students can investigate their own insecurities and turn them into reasons why they are all individually unique and wonderful.</p>	<p>Cost: £200 ½ Day</p> <p>Cost: £380 full day</p> <p>Other costs: see below</p> <p>Available from April 2022</p>
<p>Girl power: an intense dance workshop offered in a range of dance genres (i.e., contemporary, commercial dance, urban & K-Pop) to promote healthy lifestyle and peer/group cohesion.</p> <p>We will deliver according to the needs of your students. K-pop is only offered via online delivery</p>	<p>Highly physical dance workshops to empower the physicality of girls and young women that specifically concentrate on posture, self-confidence, strength and spatial awareness.</p>	<p>Cost: £200 ½ Day</p> <p>Cost: £380 full day</p> <p>Other costs: see below</p>
<p>Volumetric Ballet: a 21st century approach to classical ballet, with the emphasis on body posture, musicality, and expansion in space.</p> <p>Intermediate, advanced or professional ballet knowledge is required. Suitable for all genders that have a basic dance experience. Unless there is a pianist, the classes are set to world music.</p>	<p>This is a fun, technical and empowering class to find yourselves into a dance technique that has been encapsulated in time.</p> <p>We aim to make the workshop relevant for the bodies of the 21st century by focussing on alignment, epaulement, tridimensionality, and musicality.</p>	<p>Cost: £80</p> <p>Duration: 1 .5 hours</p> <p>Other costs: see below</p>
<p>Contemporary Dance: that has an emphasis on breath, floor work, travelling sequences and choreography.</p> <p>Intermediate, advanced or professional ballet knowledge is required. Suitable for all genders that have a basic dance experience.</p>	<p>Contemporary dance as a genre is an amazing vehicle to connect with your inner voice, to explore a range of physical capabilities and experience the dynamic power of dancing in a group setting</p>	<p>Cost: £80</p> <p>Duration: 1 .5 hours</p> <p>Other costs: see below</p>
<p>Mock Auditions: prepare and boost confidence in your dance students before they audition for professional work or for HE Vocational Colleges</p> <p>Dance experience is required</p>	<p>Designed for private, educational and vocational schools. Designed to give students a formative experience of auditions through a practical workshop and mock interviews. The students will receive individual feedback on their strengths and areas to work on to support their development.</p>	<p>Cost: £200 ½ Day</p> <p>Cost: £380 full day</p> <p>Other costs: see below</p>

CELEBRATE WITH US

#INTERNATIONAL DAY OF THE GIRL

Ana
DANCE

ADVANCING
WOMEN'S
ASPIRATIONS
WITH
DANCE



11TH OCTOBER

ask for our

RESOURCE PACK

CONTACT US

Thank you for taking the time to look through our workshops and activities, we pride ourselves on being an inclusive and adaptable organisation that can cater to meet the needs of the students at your school.

We are passionate and dedicated to developing the leadership potential in women and girls of our communities, by booking an AWA DANCE workshop YOU are helping us complete our mission.

Using the transformative power of dance we aim to remodel the future for female leaders! - Please check our website to see the other programmes we offer including our annual Mentoring programme and Leadership bootcamps.

We look forward to creating meaningful change together!

www.awadance.org

info@awadance.org

Registered charity 1188235



@AwadanceC



@AWADANCEcharity



@awadance_charity

