

# What do they say?



I am so grateful for the support you have offered through this work. I'm having trouble finding the right words, but my heart is full, my mind is curious and awakened, and my soul is held because of what you have done with AWA Dance this morning. Thank you.

**Leadership Breakfast participant, November 2022**

AWA DANCE has broadened my perspective within the UK Dance Sector, and I now realise the importance and need to recognise women in the industry. There is a synergy between being a woman and a leader and my awareness has grown to see this reflected in myself and the women around me. I have made the leap from managing to leading, by developing the many healthy attributes of leadership the charity promotes. AWA DANCE has helped me to grow (and keep growing) into a brave yet empathetic leader, of not just others, but myself too.

**Placement Student, July 2022**

After every session we left feeling empowered, knowledgeable, confident & inspired in ourselves as emerging female artists. Avatara created a wonderfully positive space in each of our sessions where we felt we could ask anything & that she would bring her full wealth of experience and knowledge to embolden us on our journey. We cannot recommend Avatara and the AWA team enough and express how much we have benefitted from their time.

**Mentoring client, May 2022**

Very positive and supportive environment throughout. I loved all the exercises and opportunities for the different participants to speak out and ask questions. The exercises were very clearly explained and involved individual thinking as well as collaborative interaction with other participants. This made me feel connected with the others and realise that I am not alone in some challenges or doubts that I might have. The session was utterly encouraging and helpful. Thank you for sharing this knowledge and experience with such generosity and enthusiasm!

**Leadership Breakfast participant, December 2022**

Congratulations on a fabulous event representing powerfully strong women across the sector!

**Women in Dance Leadership Award Ceremony, March 2022**

I have reflected on my leadership plan several times and am proud to look back on the year and see how much I have achieved! Thank you for a year of learning, new experiences, and personal development!

**Junior Ambassador, January 2022**

I did not know I was good at anything. No one had ever asked me before this workshop! I now know I can build on what I have already in me.

**Workshop participant, October 2022**



**AWA**  
**DANCE**

ADVANCING  
WOMEN'S  
ASPIRATIONS  
WITH  
DANCE

