



WORKSHOP PACK





AWA DANCE (Advancing Women's Aspirations with Dance) is a CIO (Charitable Incorporated Organisation) based in the UK, founded by choreographer Avatâra Ayuso. AWA DANCE is dedicated to the leadership development of women and teenage girls, using the transformative power of dance as the tool to empower their voices. AWA DANCE sits at the intersection of three areas: Dance + Leadership + Women & Girls issues. We are a qualified Arts Award Center, authorised by Trinity College London. All our team members have an enhanced DBS check and safeguarding training.



Vision

Our Vision is a world where every woman and girl is an empowered and brave leader, both in their personal and professional lives.



Mission

Our Mission is to promote a new understanding of leadership through dance, in safe spaces where women and girls become the change they want to see in the world.

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.

Contact us

www.awadance.org
info@awadance.org
Registered charity 1188235



@AwadanceC



@AWADANCEcharity



@awadance_charity



Supported using public funding by
**ARTS COUNCIL
ENGLAND**



WORKSHOP	CONTENT & OUTCOMES	COST & TIME *
THE POWER I HOLD 12-18 yrs	<ul style="list-style-type: none"> • Leadership workshop about empowerment, self-expression and being a change-maker • Based on our award-winning dance film Let Them Eat Cake! • Confidence boosting dance & reflective workshop • Supported by Arts Council England 	£200 1h 30min Includes printed Resource Pack for participants
DANCE & LEADERSHIP CURRICULUM All ages	12 practical sessions, each working on a specific leadership skill: <ul style="list-style-type: none"> • Creativity • Empathy • Problem Solving & Decision Making • Trust and Responsibility • Confidence (body) • Building 'power' • Wellbeing • Self-awareness • Self-expression • Giving-receiving feedback • Cultural appreciation • Risk-taking 	£200 2h Can be booked as package or as single session
ME, MYSELF AND I 12-18 yrs	<ul style="list-style-type: none"> • Reinforcing importance of positive body image • Learning to accept and love our body • Confidence boosting dance & reflective workshop 	£200 1h 30min
INSPIRING TALKS: ROLE MODELS All ages	<ul style="list-style-type: none"> • Successful women from the creative industry discuss who they are and how they got there • Role models, determination, life top tips 	Free of charge (online) £60 in person 1 h

*1 or 2 AWA team members, depending on the size of the group for each of these workshops.

Travel and accommodation (if required) will be covered by the host organisation.

If more than one workshop is delivered per day, £350 up to 3h30min and £500 from 4h-8h

Contact us for other arrangements

"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

"The workshop came at a great time so I know how to change my negative thought process to a more positive one"

Workshop participant

After our workshops, the top 4 words chosen by our participants were

empowered, confident, ready, heard

CELEBRATE WITH US

#INTERNATIONAL DAY OF THE GIRL

Awa
DANCE

ADVANCING
WOMEN'S
ASPIRATIONS
WITH
DANCE



11TH OCTOBER

ask for our

RESOURCE PACK