



WORKSHOP PACK





AWA DANCE (Advancing Women’s Aspirations with Dance) is charity 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 promote leadership skills that are rooted in our 21st century reality by questioning assumptions and allowing participants to take ownership of their life. We structure our activities according to our DANCE values: Dream big, Act now, Navigate the world, Create your voice and Empower yourself and others. To do so, we use reflection tools such as handouts, journals, mind maps, short dance films, feedback digital surveys, and group tasks, meditation techniques and open conversations to work with our participants. Our team has large experience leading dance classes in small and mid organisations and constantly attends training to be up to date of the latest leadership approaches that can enhance women and girl’s experiences.

Contact us

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



Supported using public funding by
ARTS COUNCIL ENGLAND



WORKSHOP	CONTENT & OUTCOMES	COST & TIME *
<p>THE POWER I HOLD</p> <p>12-18 yrs</p>	<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 	<p>£200</p> <p>1h 30min/2h</p> <p>Includes printed Resource Pack for participants</p>
<p>DANCE & LEADERSHIP WORKSHOPS</p> <p>All ages</p>	<p>14 practical sessions, each working on a specific leadership skill:</p> <ul style="list-style-type: none"> • Creativity • Empathy • Problem Solving & Decision Making • Trust & Responsibility • Confidence • Wellbeing • Self-awareness • Self-expression • Giving-Receiving Feedback • Proactivity (action) • Collaboration & Trust • Cultural Appreciation • Risk-taking • Team Work Makes the Dream Work 	<p>£200</p> <p>2h</p> <p>Can be booked as a single session or as package with discounted rates</p>
<p>INSPIRING TALKS: ROLE MODELS</p> <p>All ages</p>	<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 • Suitable for careers' days/weeks 	<p>Online: free of charge</p> <p>In person: contact us for quote</p> <p>1 h</p>

*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

"After this workshop I feel better about myself and more confident"

Workshop participant

"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

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