



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.



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.

WHAT'S SPECIAL ABOUT OUR WORKSHOPS

We promote leadership skills that are rooted in our 21st century reality by questioning assumptions and allowing participants to take ownership of their life. To do so, we use movement as well as reflection tools – such as handouts, journals, mind maps, short dance films, digital surveys, group tasks, meditation techniques and open conversations – to work with our participants.

We always include a self-reflection exercise for the participants, which then becomes an impact report for your organisation. The report contains useful data for you to show to your funders or your leadership team. Photos will be taken on our practitioner's phone and then uploaded to our Google Drive within 24 hours and deleted from the phone's history – if you prefer to use your own electronic devices please send us the pictures. All our workshop leaders are DBS checked and have safeguarding training.

Contact us

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



@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/2h Includes printed Resource Pack for participants
DANCE & LEADERSHIP WORKSHOPS All ages	13 practical sessions, each working on a specific leadership skill: <ul style="list-style-type: none"> • Creativity • Empathy • Problem Solving & Decision Making • Trust & Responsibility • Confidence • Wellbeing & Stress Management • Active Listening • Resilience • Giving-Receiving Feedback • Proactivity • Cultural Appreciation & Respect • Risk-taking & Managing Risk • Team Work Makes the Dream Work 	£250 2h Can be booked as a single session or as package with discounted rates
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 • Suitable for careers' days/weeks 	Online: free of charge In person: contact us for quote 1 h
INTERNATIONAL WOMEN'S DAY / INTERNATIONAL DAY OF THE GIRL All ages	<ul style="list-style-type: none"> • Energising workshop to celebrate and reflect on International Women's Day (March) and International Day of the Girl (October) • Empowers students physically & mentally, helps to find confidence through dance • Stickers, flyers and resources given to participants 	£200 1h

*1 or 2 AWA team members, depending on the size of the group for each of these workshops.
Travel and accommodation (outside Birmingham) will be covered by the host organisation.
If more than one workshop is delivered per day, £400 up to 3h30min and £600 from 4h-8h
Occasionally, if the group or organisation cannot afford it, we can offer some workshops free of charge.
Contact us for other arrangements.

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

CELEBRATE WITH US

#INTERNATIONAL WOMEN'S DAY

AaA
DANCE

ADVANCING
WOMEN'S
ASPIRATIONS
WITH
DANCE



8TH MARCH

contact us for

**workshops, panel discussions,
presentations, and more**