



# WORKSHOP PACK

## 2026



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Registered charity 1188235



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**ARTS COUNCIL  
ENGLAND**



AWA DANCE (Advancing Women's Aspirations with Dance) is charity based in the UK, founded by award winning 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, mentally and physically. AWA DANCE sits at the intersection of three areas: Dance + Leadership + Women & Girls issues. The charity is based in Birmingham, and delivers activities locally and nationally.



## 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 (no dance training required) 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 your funders or your leadership team the impact our workshops have had.**

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.



100%

**organisations would recommend us**

95%

**participants would recommend our Safeguarding training to other girls**

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

*empowered, confident,  
ready, heard*

WORKSHOP	CONTENT & OUTCOMES	COST & TIME *
<b>DANCE &amp; LEADERSHIP WORKSHOPS</b>  All ages Girls only	12 practical sessions, each working on a specific leadership skill: <ul style="list-style-type: none"> <li>• Creativity</li> <li>• Empathy</li> <li>• Problem Solving &amp; Decision Making</li> <li>• Trust &amp; Responsibility</li> <li>• Confidence</li> <li>• Wellbeing &amp; Stress Management</li> <li>• Resilience</li> <li>• Giving-Receiving Feedback</li> <li>• Proactivity</li> <li>• Cultural Appreciation &amp; Respect</li> <li>• Risk-taking &amp; Managing Risk</li> <li>• Team Work Makes the Dream Work</li> </ul>	£250 1.5h  Can be booked as a single session or as part of 6-12 sessions package with discounted rates. at £210/session  This sessions are very suitable for long term development between 2-6 months programmes
<b>SAFEGUARDING IN DANCE TRAINING Level 1</b>  13-21 yrs Any gender	<ul style="list-style-type: none"> <li>• Our first of its kind, Safeguarding Training designed especially for young people (any gender)</li> <li>• They receive Level 1 Safeguarding certificate</li> <li>• Empowers participants to recognise &amp; report safeguarding issues, learning about safety, appropriate touch, and respectful boundaries.</li> <li>• Age-appropriate, professional, and positive session. Content is carefully calibrated by a qualified educationalist, with over 30 years in dance.</li> </ul>	£500 per group 2h + 20min guided pre-work Online or in person  Contact us for more info
<b>INTERNATIONAL WOMEN'S DAY / INTERNATIONAL DAY OF THE GIRL</b>  All ages Girls only	<ul style="list-style-type: none"> <li>• Energising workshop to celebrate and reflect on International Women's Day (March) and International Day of the Girl (October)</li> <li>• Empowers students physically &amp; mentally, helps to find confidence through dance</li> <li>• Stickers, flyers and resources given to participants</li> </ul>	£250 1.5h
<b>INSPIRING TALKS: ROLE MODELS</b>  All ages Any gender	<ul style="list-style-type: none"> <li>• Successful women from the creative industry discuss who they are and how they got there</li> <li>• Role models, determination, life top tips</li> <li>• Suitable for careers' days/weeks</li> </ul>	1h Online: free of charge In person: £100 + travel

\*If outside Birmingham, travel costs should be covered by the host organisation.

## Participants' feedback

Today I celebrate who I am. I feel very confident and calm

I feel very inspired and positive. I feel I'm important and loved by other women around me (we are all sisters!)

I now feel fully informed on safeguarding and would advise everyone to do it

# CELEBRATE WITH US

# #INTERNATIONAL DAY OF THE GIRL

**Ana**  
DANCE

ADVANCING  
WOMEN'S  
ASPIRATIONS  
WITH  
DANCE



11TH OCTOBER

ask for our

# RESOURCE PACK



# CELEBRATE WITH US

# #INTERNATIONAL WOMEN'S DAY

**A A**  
**DANCE**

ADVANCING  
WOMEN'S  
ASPIRATIONS  
WITH  
DANCE



## 8TH MARCH

## contact us for

workshops, panel discussions,  
presentations, and more