

EMBRACE

A one-day online workshop focusing on emotional wellbeing for artists working in performing arts.

Thursday 9 July 2020 Time: 10:00am – 3.30pm

Embrace, Protein's ongoing professional development programme includes practical and reflective work and allows space for sharing and discourse around working in or practicing dance today.

“Research shows that mental health problems are higher for those working in the performing arts compared to the general population” Equity

Protein is keen to join the conversation about dance and emotional wellbeing. During this Embrace we aim to raise awareness of emotional wellbeing for artists working across theatre and the performing arts, introduce coping mechanisms for creative minds and offer support tools for artists to understand and manage their emotional wellbeing.

Guest speakers include Protein dance artist Stuart Waters and Joy Griffiths on using the psychotherapy Framework of Human Givens, as well as an introduction by Louise Granger to Equity's ground-breaking support system for members.

Timetable

10.00 - 10.15am	Log-in, welcome and introductions
10.15 - 10.30am	Morning stretch with Protein
10.30 - 1.30pm	Stuart Waters and Joy Griffiths introduce the framework of Human Givens psychotherapy and demonstrate a variety of tools available to help you to control your emotions. (includes breaks)
1.30 - 2.00pm	Break
2.00 - 3.00pm	Introduction to Equity's ground-breaking support system for members dealing with mental health problems with Louise Granger.
3.00 - 3.30pm	Questions and Reflection

This Embrace will take place online via Zoom

Costs

£5 (plus small booking fee) for Independent Artists

£10 (plus small booking fee) for Creatives from Organisations

In addition to your ticket, we are also encouraging attendees to donate to [Metro Charity](#) an equality and diversity charity providing health, community and youth services.

Accessibility and Using Zoom

Embrace is open to dance and professionals of all ages and performing arts backgrounds including; performers, actors, musicians, teachers and choreographers. If you require any technical support or help in accessing Zoom or require this information in any other format, please do get in touch with michael@proteindance.co.uk

Please let us know if you have access requirements.

Upon booking, you will receive further information and the Zoom webinar link. We understand and respect that online attendees may wish to remain anonymous. Participants are welcome to turn off their cameras and hide their profile name during the sessions. Each session will have guidelines of how the speaker will use the zoom features, such as using the chat for questions and comments etc.

For more information please contact Caron Loudy, Creative Producer
caron@proteindance.co.uk or call 020 8331 9665



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**ARTS COUNCIL
ENGLAND**

Photo Credit: Johan Persson, Dancers: Vicki Manderson, Nuno Silva from Protein's production *Dear Body*