

LUCA SILVESTRINI'S

PROTEIN

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EMBRACE



Two days of online workshops with guest speakers, focusing on young people's emotional wellbeing, allyship in the workplace and distanced dance practice. Suitable for those working across the performing arts.

Monday 26 and Tuesday 27 October 2020

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.

Join Protein in two days of interactive online training. Understand more about young people's emotional wellbeing, learn about allyship and the part you can play to support inclusion in the workplace and share your ideas around practicing dance today.

Timetable

Monday 26 October

9.30am-9.45am: Log-in, welcome and introductions

9.45am-10.30am: Morning Stretch with Protein dance artist, **Miranda Mac Letten**

10.30am-12.30am: **Nicola Murtagh** will look at adverse childhood experiences and what these actually mean for professionals working with children who have experienced trauma in her session titled The Attuned Dance. Nicola is a qualified Teacher, Therapist and Trauma Informed Practitioner.

12.30pm-1pm: Lunch

1pm-2.30pm: **Kevin Edward Turner**, co-founder of Company Chameleon, will focus on the transformative power of dance and its relationship with health, wellbeing and mental health.

2.30pm-3.30pm: Questions, Reflection and Evaluation

Tuesday 27 October

9.30am-9.45am: Log-in, welcome and introductions

9.45am-10.30am: Morning Stretch with dance artist, **Kayla Lomas**.

10.30am-11.30am: Distanced Dance: An open discussion facilitated by Protein's Artistic Director, **Luca Silvestrini**

11.30am-12pm: Break

12pm-1pm: An interactive briefing on allyship and the part you can play to support inclusion in the workplace with **Dawn Beresford** from Creative Access. Explore what it means to be an ally and successful tips for becoming one.

1pm-2pm: Questions, Reflection and Evaluation

Costs (Includes all sessions)

£7.00 (plus small booking fee) for Independent Artists

£15.00 (plus small booking fee) for Creatives from Organisations

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 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

Guest Speakers



Miranda Mac Letten works for Punchdrunk on productions such as The Drowned Man: A Hollywood Fable and Sleep No More, Shanghai. Interactive and immersive theatre have heavily featured in Miranda's career. Miranda performs in Protein's (In)visible Dancing and co-delivers Protein's Real Life Real Dance project, working with young people excluded from mainstream education.

Nicola Murtagh is excited to share her interpretation of what she has learned, read and experienced over the past 30 years working with children 4-16yrs in many different setting and believes that all professionals can have a role in supporting children in our care.

Kevin Edward Turner co-founded Company Chameleon in 2007 and has since created, performed, led, directed, produced, taught and facilitated performances, masterclasses, workshops, residences, interventions and participatory projects nationally and internationally.

Kayla Lomas is a professional dance artist and is highly respected for her versatility. Kayla has trained in a multitude of dance styles, which has led her to become a leading member and choreographer for Birdgang Company. Kayla has also worked as an assistant choreographer for So You Think You Can Dance UK. Thank you to East London Dance for introducing us to Kayla.

Dawn Beresford works with Creative Access as a trainer. She has worked in TV production, commissioning and talent management for 25 years. As Head of Talent at CPL Productions and Talent Executive for Arrow International Media, she has extensive experience in recruitment, career development, training and mentoring. She is a trained journalist, an aspiring writer and mum of three.

Luca Silvestrini is Protein's Artistic Director. He is known for his unique style of dance theatre combining choreography, text, humour and social commentary to present the everyday in revealing and subversive ways, on- and off-stage. Through Protein's Real Life Real Dance programme, Luca has created ground-breaking participatory performance opportunities for disadvantaged and disengaged people, including young people in alternative provision schools, hospitals, refugees, asylum seekers and migrants.

Photo Credit Photo by Ali Wright featuring Dynamix Dance from Protein's (In)visible Dancing, Woolwich 2019.



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