

We have three short course coming soon to support access to employment

NOVEMBER 2020

Please email [study@theatreeducational.co.uk](mailto:study@theatreeducational.co.uk) for more information or call 07984 170014

#### Session titles

##### Working to your strengths (2 sessions x 3 hours)

\*Find ways of using strengths for better performance and higher level of engagement. \* Leverage strengths to achieve goals. \* Use strengths to increase wellbeing and build personal resilience.

\* Consider a career that supports your strengths.

##### Self-esteem and confidence building (2 sessions x 3 hours)

A creative programme to support participants to understand how to use body and mind to improve confidence and self-esteem. Understanding confidence supports a reduction in anxiety and stress and improves the ability to make informed decisions.

##### Employment preparation (2 sessions x 3 hours)

\*Understanding the marketplace. \*Learn how to market yourself. \*CV writing. \*Job application process.

\*Self-employment and employment. \*Job interview preparation.

# TEd

Theatre Educational



## FREE Short Adult Courses

September 2020 - December 2020

It's never too late to learn something new! If you want to boost your career, socialise or learn new skills, 'Connect 4 Employment' has something for you.

We are offering a range of one off arts based taster sessions for adults as well as short courses in confidence building, resilience and interview and work preparation.

For more information visit: [www.theatreeducational.co.uk](http://www.theatreeducational.co.uk)

or call 07984 170014 to book a place



- Are you already in work and need to boost your CV?
- Maybe you didn't get the start you hoped for and have lost some confidence...
- Perhaps you simply want to try something new.



# FREE Adults 'Pick and Mix'

Choose one or more of our three hour sessions

Mask making for performance with Sharon Poole

'Geometric Foxes' (5 spaces)

Friday 2nd October

@ The New Carnival Company,  
13 Union Road, Ryde, PO33 2ER  
10:30 - 1:30

Make a Geometric Fox Half Masks suitable for performance. Using paint to decorate you will create character using LED lights to illuminate.

Collars and Tails with Sharon Poole

'Fluffy Fluid Foxes' (5 spaces)

Friday 9th October

@ The New Carnival Company,  
13 Union Road, Ryde, PO33 2ER  
10:30 - 1:30

Learn to make fluid fluffy fox collars and tails from yarn, suitable for performance and fancy dress.

Rehearse and Perform with Sue Bailey 'Once in a Blue Moon'

Tuesday 27th October (10 spaces)

1:30 - 3:00 @ The Hub, Oakfield School or 6:00 - 7:30 @ 2 Cross Street, Ryde

Be proud and loud! Stand up and tell your tale in front of others in the group.

It is possible we will record the stories, both to create a legacy, and in case people cannot perform at the Blue Moon event on the 29th, 30th and 31st October 2029

**BOOK BY CALLING 07984 170014 or email [study@theatreeducational.co.uk](mailto:study@theatreeducational.co.uk)**

Storytelling Workshops with Sue Bailey

'Once in a Blue Moon' (10 spaces)

Session 1: Tuesday 6th October

6:30 - 7:30 (pm) ONLINE via zoom

Settings, characters, aspirations, and obstacles - this session will be generating ideas to create your own 3 minute tale.

Session 2: Tuesday 13th October

6:30 - 7:30 (pm) ONLINE via zoom

Summary of people's stories followed by tips to memorise your tale and introduction of useful performance skills.

Session 3: Tuesday 20th October

6:30 - 7:30 (pm) ONLINE via zoom

Telling your tale to others in a supportive atmosphere to build confidence for going



Clay Halloween Bunting with Sharon Poole (5 spaces)

Thursday 1st October @ The Hub, Oakfield Primary School, Ryde 5:30 - 8:30 (pm)  
Spell out HALLOWEEN in wet clay, then paint dry letters to create your own spooky decoration.

Fitness and Wellbeing with Hannah Katsikides (5 spaces)

Wednesday 7th October @ The Hub, Oakfield Primary School, Ryde  
5:30 - 8:30 (pm)

Kickstart a new routine with a session to better understand nutrition, cardiovascular fitness through dance, and pilates to find your inner strength and calm.

Dance and Relaxation with Leighanne Escourt (5 spaces)

Monday 12th October @ The Hub, Oakfield Primary School, Ryde  
5:30 - 8:30 (pm)

Explore different styles of dance for fun, and reward yourselves with an hour of yoga to wind down and relax.

'You were born to succeed' with Tara Chatzakis (10 spaces)

Wednesday 14th October ONLINE via zoom  
5:30 - 8:30

Workshop looking at where you are right now in your life, where you want to be in 12 months and how to get there.

Junk Art - upcycling - shadow boxes with Sharon Poole (4 spaces)

Friday 16th October @ 2 Cross Street, Ryde  
10:30 - 1:30 (am)

Shadow boxes are a great way to upcycle junk into art. You will be making it personal to you, so bring magazines and cuttings of things that interest you. Art, space, motivation, dance, music, whatever inspires you bring it along to re-use!

'Your personal power' with Tara Chatzakis (10 spaces)

Wednesday 21st October ONLINE via zoom  
5:30 - 8:30

Your personal power lies within you. Diving into your mindsets and how life's challenges help you grow, along with meditation and learning how to tap into your inner strength.

