



**“It hit a few nerves and has really changed the way in which I communicate and behave at home and in work. Phenomenally powerful.”** *Managing Partner, EY, on Dare You*

## How will Dare You Mini benefit me and my organisation?

- **Increase recognition of the diverse talent hidden in your teams**
- **Build authentic, effective communicators.** Dare You will develop your ability to tell compelling stories and build your brand.
- **Strengthen teams and connections between colleagues.** Dare You creates new powerful connections between colleagues and builds high performing teams with strong relationships, leading to increased staff engagement and retention.
- **Increase self-awareness.** Through Dare You, individuals develop recognition of their own strengths and their impact on others to become more authentic, effective leaders, therefore positively impacting the performance of colleagues.
- **Unleash creativity.** Dare You drives you to think differently and fosters a work environment that encourages creativity and innovation.
- **Tackle unconscious bias.** Participants are challenged to consider the factors influencing relationships with their colleagues and clients.

## How will Dare You Mini be delivered?

Dare You Mini is a half day workshop which can cater for up **12-14** participants and is typically held at the award-winning Bradbury Studios in Hoxton, London, the creative hub of Graeae. The programme is aimed towards employees at all levels.

**Structure: Dare You... Be yourself?** Working creatively through art and storytelling to identify key stories about our past, present and future that reveal our conscious and unconscious beliefs and their impact on others, increasing self-awareness and recognition of diversity amongst the group. Participants will:

- Be challenged to consider how they resonate as a member of society
- Use a hand and foot mapping exercise to help identify what got them to where you are today, what they hope for from the future and how you see yourself as part of a wider team
- Create audio descriptions of the hand and foot maps: a useful exercise in observation, reflection and respect
- Work alongside Deaf and disabled peers to discuss and debunk preconceptions
- Learn about and be inspired by Graeae and the company's journey as the flagship diverse-led organisation

## Why Graeae?

Graeae is the UK's flagship disabled led theatre company that challenges preconceptions and boldly places disabled artists centre stage. All of your investment in this programme is re-invested in Graeae's work to promote inclusivity in the arts. Dare You is delivered by Jenny Sealey MBE, Artistic Director of Graeae, and co-Director of the London 2012 Paralympic Opening Ceremony.

## Cost and booking procedure

The 1/2 day course for 12-14 people costs £2,400 (plus VAT) for London based courses. Regional and international courses priced upon request. At a venue to be mutually agreed. Please contact [training@graeae.org](mailto:training@graeae.org) or 020 7613 6900 to book.