

GRAEae

A man in a blue t-shirt is leaning over a large sheet of clear plastic that is laid out on a light-colored floor. He is using a black marker to draw a speech bubble shape. Inside the speech bubble, the words 'Team R.P.' are written in a stylized, white, hand-drawn font. He is also holding a green marker in his other hand. The background shows the floor and the plastic sheet.

“Phenomenally powerful”

“It hit a few nerves and has really changed the way in which I communicate and behave at home and in work”

DARE YOU

Inclusive Leadership Programme

Dare You is a creative learning experience that develops skills for inclusive leadership – building leaders that leverage diversity to get the best out of all their people. Delivered by Jenny Sealey MBE, Artistic Director of Graeae, Dare You brings Graeae’s expertise in creative storytelling and championing inclusivity to deliver a training programme like no other.

By exploring authentic communication, recognising diverse talents, and developing self-awareness it will help your organisation to build inspirational, inclusive leaders and connected, high-performing teams.

How will Dare You benefit me and my organisation?

Dare You is designed to:

- **Increase recognition of the diverse talent hidden in your teams** and the strength this brings to help your organisation succeed in today's complex, diverse national and global environment.
- **Build authentic, effective communicators.** Dare You gives you skills for open, impactful communication to strengthen relationships with colleagues and clients. Dare You will develop your ability to tell compelling stories to sell ideas and products.
- **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 in order to help generate new ideas and approaches to work and problem-solving.
- **Tackle unconscious bias.** Through the process of creating self portraits, body maps and through performance, participants are challenged to consider the factors influencing relationships with their colleagues and clients



"It allowed me to see a richness of diversity that I was unaware of in people we work with every day."

"This is about re-wiring our brains and behaviours through communicating and storytelling. It has tremendous value with clients – both to deliver and to sell!"

"It enabled me to reflect on how I perceive others but also on how they perceive me – this was very powerful. I am still processing some of the impact – even over a week later!"

How will Dare You be delivered?

Dare You is delivered flexibly based on your requirements and can be tailored to focus on specific skills mentioned above. It is best run as a 2 day immersive programme which can cater for up to 12 participants and is typically held at the award-winning Bradbury Studios in Hoxton, London, the creative hub of Graeae. The programme is aimed at employees at all levels.

Day 1: Dare You... Be yourself? Working creatively through acting, storytelling writing and art 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
- Explore a diversity of communication styles to find their authentic voice
- Be provoked to think about how they are part of a team: What are they bringing to an organisation? What have they not felt strong enough to offer? What is their potential?
- Think about their legacy and create a Body Map, a full size body outline filled with everything that makes you unique; your experiences, your hopes, dreams, desires and fears
- Create audio descriptions of the Body 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

Day 2: Dare You... Step up and lead? Participants work together with theatre professionals to communicate their stories authentically and effectively, culminating with an evening presentation. Participants will:

- Work together to tell the untold stories from their lives. The form, content and design of the piece will be participant led. Professional artists and designers will help them curate a one off, in-the-moment performance experience to share with colleagues and family.
- The audience will be of the group's choosing—friends, family or each other. It will feature professional lighting and sound, and the Body Maps will be positioned throughout the space.
- Have time to reflect. Following the performance, there is time to socialise over food and drink and participants will have the opportunity to reflect on their learning and plan on how to carry that forward into their workplace. With an emphasis on belonging, trust and legacy, this promises to create a lasting impact.

The event is documented via a professional photographer and, following conclusion of the course, Graeae checks in with participants, shares memories and keeps the learning alive.



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.

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- Managing Partner, EY

Cost and booking procedure

The standard 2 day course for 12 people costs £12,500 (plus VAT). Please contact Kevin Walsh, Operations Director, at training@graeae.org to discuss your needs. For further pricing information, or for further details of Graeae's other diversity and disability training and speaking at events, or visit www.graeae.org/get-involved/training-courses/dare-you

"The opportunity to be creative and see the creativity of colleagues was extraordinary."

Watch the video:

<https://vimeo.com/149037296>

Large Print Versions available. Contact access@graeae.org or 020 7613 6900

GRAEae

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