



Workshops with Momentum Stage

Power Dynamics, Consent, Trauma, Movement
Techniques, and more.






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01

INTRODUCTION

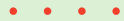


Who we are and what we
do





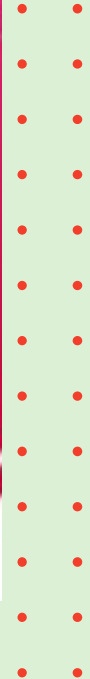
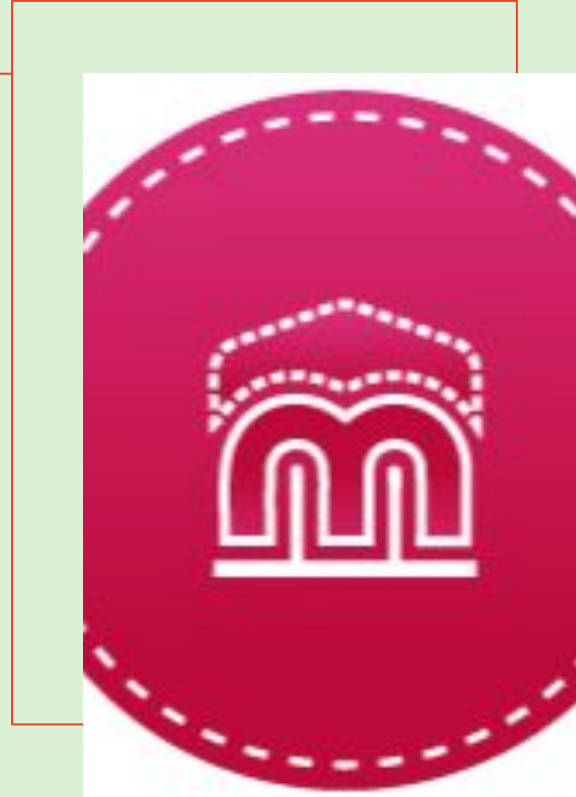
ABOUT US



It Is The Mission Of Momentum Stage

To Create Accessible, Multi-Generational, Live Art, Discussing Relevant Topics In Our Community. To Do This, We Provide Resources And Opportunities To Artists And Arts Educators.

We Are A Space Where Young And Professional Artists Can Grow Their Skills, And Where Arts Programs And Organizations Can Find Resources For Growing Theirs.





ABOUT OUR WORKSHOPS



- All workshops can be tailored to fit your needs, including content and budget. [Email us](#) for details.
- All workshops are interactive.
- All wrap-up materials will include the slides presented.
- All Power, Consent, Trauma, and Communication workshops include a 90-minute follow-up call. This is scheduled 1 to 6 months after the workshop. In it, we discuss your needs and discoveries as you have been using the knowledge and skills.
- Any of our past classes or events can be made into a workshop. If you don't see what you want here, [email us!](#)
- All workshops can be delivered virtually or in-person. In-person workshops will have travel charges beyond the pricing here.
- All pricing is for 24 people or less. Prices may be adjusted based on number of attendees.





02

WORKSHOPS FOR EDUCATORS





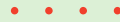
Structural Powers are at play in academia and arts training programs. Those who hold power, and want to enable consent-based work and collaboration must learn to mitigate them to help their students express agency. After the workshop, the theatre, dance, etc. educator will be able to address how power dynamics affect learning and creative practices in their rehearsal rooms and classrooms, in order to better provide psychological safety, facilitate learner agency, and cultivate collaboration.

Session includes lecture, interactive experiences, and Q&A. 2 hours. \$500.

POWER DYNAMICS IN THE REHEARSAL ROOM



This workshop is strongly recommended as the starting point for anyone doing workshops with us. Power dynamics make up the structures we function in, so it is helpful to understand them before creating changes and implementing new information around consent, trauma, or communication.



This workshop is an introduction to consent-based practices in the creative process, specifically for those in teaching, coaching, directorial, or choreographic roles. After the workshop, the theatre, dance, etc. educator will be able to develop a plan of creative practices for consent-based rehearsal rooms and classrooms that facilitate collaboration and communication, center student safety, and develop deeper story-telling.

Session includes lecture, interactive experiences, and Q&A. 2 hours. \$500.

CREATING CONSENT-BASED SPACES





Performing requires physical and/or emotional vulnerability from the actor, dancer, or singer. Providing instruction and direction for these moments requires not only performance and communication skills, but also attention to body language, awareness of how trauma lives in memories and bodies, and vocabulary and practices to alleviate over-stimulation. After the workshop, the theatre/dance educator will be able to develop performance practices for trauma-informed rehearsal rooms and classrooms that facilitate resilience, center student mental and physical safety, and develop deeper story-telling.

Session includes lecture, interactive experiences, and Q&A. 2 hours. \$500.

TRAUMA-INFORMED PERFORMANCE PRACTICES





“Everyone's a critic. Literally. In many ways, art criticism has become the ultimate gatekeeper: it judges more often than it enlightens. It ends the talk, instead of engaging in dialogue.”

- Jose Solís, founder of the BIPOC Critic's Lab.

But, it doesn't have to be that way! Learn how to facilitate Arts criticism conversations that are transformative and dialogic, furthering both the art work and the artist. This interactive workshop engages methods from AORTA, CRP, Larry Lavender, and more, with Momentum Stage's focus on power dynamics and consent to make critical conversations productive and useful.

Session includes lecture, interactive experiences, and Q&A. 2 hours. \$500.

CREATIVE COMMUNICATION AND CRITIQUE





LABAN/BARTENIEFF



Bartenieff Fundamentals
Psychology of Laban's 8
Effort Actions

OTHER MOVEMENT



Suzuki
Grotowski's Cat
Alexander Technique
Tap

OTHER

ACTING



Commedia dell'arte
Stanislavsky
Virtual Performance
Monologues

MORE



Decolonizing Playwriting
Intro to Podcasting
Make a request!





Bonuses for Educator Workshops

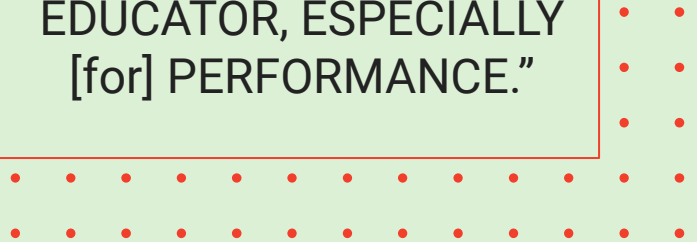
- Email us to find out how we can support you in making change at all levels of your department with combinations of our Educator and Student Workshops!
- All Power, Consent, Trauma, and Communications workshops include a 90-minute follow-up call.
 - Get a 20% discount on your next workshop when you book it at your follow-up appointment.
- Book Power, Consent, and Trauma for a 1-day Professional Development for \$1,200.



A University Dance Professor who participated in one of our Consent-Based Creative Practices Workshops



**“CONVERSATIONS
AROUND CONSENT ARE
ESSENTIAL FOR ANY
EDUCATOR, ESPECIALLY
[for] PERFORMANCE.”**





03

WORKSHOPS FOR STUDENTS





How do performers cultivate collaboration, communication, and consent in their own creative processes? How do they articulate boundaries? Students will learn how power dynamics affect consent, be introduced to best practices for learning and performing, and learn to recognize red flags in evaluating casting calls, pedagogies, and work environments.

After the Consent and the Performance Process Workshop, the theatre, dance, etc. student will be able to understand the importance of working consent in a rehearsal room, and develop a personal practice of communication and closure for future performances.

Session includes lecture, interactive experiences, and Q&A. 90 minutes. \$400.

CONSENT AND THE PERFORMANCE PROCESS





This workshop is an introduction to intimate moments onstage. What is an “intimate moment”? How do we get into them and out of them in ways that support our own physical safety and mental health? Learn skills to develop connection quickly and repeatedly with other performers, communicate boundaries, and find closure.

After the Approaching Intimacy On-stage/On-Screen Workshop, the theatre, dance, etc. student will be able to develop a personal practice of communication and closure for future performances.

Session includes lecture, interactive experiences, and Q&A. 1 hour. \$250.

APPROACHING INTIMACY ON-STAGE/ON-SCREEN





Performers are often required to convey material that requires physical and/or emotional vulnerability. Healthy boundaries and a strong sense of personal agency can help protect a performer's mental health and/or physical wellbeing. However, we've all been conditioned to "yes, and..." every situation we are in! This workshop will help you clearly and professionally articulate your boundaries to be able perform and create as your fullest self.

Session includes lecture, interactive experiences, and Q&A. 1 hour. \$250.

BOUNDARIES FOR PERFORMERS





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- Jose Solís, founder of the BIPOC Critic's Lab.

But, it doesn't have to be that way! Arts criticism can be a tool for transformative dialogue, that furthers both the art work and the artist. This interactive workshop engages methods from AORTA, CRP, Larry Lavender, and more, with Momentum Stage's focus on power dynamics and consent to make critical conversations productive and useful.

Session includes lecture, interactive experiences, and Q&A. 2 hours. \$500.

CREATIVE COMMUNICATION AND CRITIQUE





A University Dance Professor whose students participated in one of our Consent and the Performance Process Workshops



“THE CONSENT WORKSHOP OFFERED LAUNCHED A MUCH LARGER CONVERSATION FOR YOUNG ARTISTS WHO ARE NOW THINKING CRITICALLY ABOUT CONSENT AND AGENCY IN AND OUT OF THE STUDIO.”





LABAN/BARTENIEFF



Bartenieff Fundamentals
Psychology of Laban's 8
Effort Actions

OTHER MOVEMENT



Suzuki
Grotowski's Cat
Alexander Technique
Tap

OTHER

ACTING



Commedia dell'arte
Stanislavsky
Virtual Performance
Monologues

MORE



Decolonizing Playwriting
Intro to Podcasting
Make a request!





A University Theatre Professor whose students participated in one of our Psychology of Laban's 8 Effort Actions Workshops



"... PROVIDED OUR STUDENTS WITH A MARVELOUS INTRODUCTION TO THE SUBJECT MATTER, ENGAGED THEM IN EXPERIENTIAL LEARNING THROUGH AN ACTIVE (AND FUN!) WORKSHOP, HELPED THEM RELATE WHAT THEY LEARNED TO THEIR INDIVIDUAL CREATIVE PROCESSES AND GAVE THEM VALUABLE RESOURCES THAT THEY CAN USE TO INVESTIGATE FURTHER ON THEIR OWN."





04

WORKSHOPS FOR PERFORMING ARTS ORGANIZATIONS





This workshop is an introduction to power, consent, boundaries, and harassment in a performing arts organization. Artists and administrators are encouraged to examine their roles in the structure, and how they can support changes to making a more equitable and safe working environment.

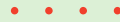
During this workshop, the company strengths and challenges to safety and equity within their company culture. The company will leave this workshop with a Chain of Communication, resources to support their staff, and reflective exercises to continually gauge progress.

Session includes lecture, interactive experiences, and Q&A. 2 hours. \$500.

COMPANY CULTURE



We recommend coupling this workshop with an Anti-Racism workshop from the Dance Education Equity Association. We regularly partner with DEEA for trainings, and organizations find the intersections of our work very helpful for deepening their commitment to equitable and safe working environments.



What is the Intimacy Profession? How can it support your production? In this brief, introductory workshop, performing arts organizations will be exposed to the history of the work, what the creative process with an Intimacy Professional often looks like, and get answers to their questions about the work.

Session includes lecture Q&A. 45 minutes. \$250.

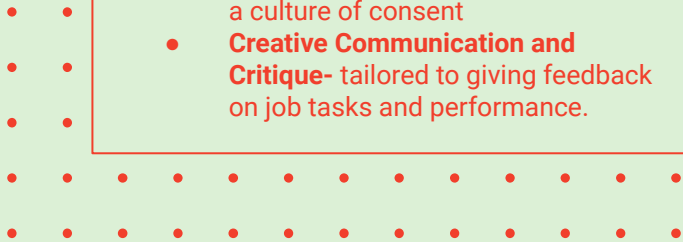
INTRODUCTION TO INTIMACY ON-STAGE/ON-SCREEN



RECOMMENDED WORKSHOPS FROM PREVIOUS SECTIONS

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- **Power Dynamics-** tailored how these show up in creative teams or in the boardroom.
- **Consent in the Performance Process-** tailored to how admin or creative team members can support a culture of consent
- **Creative Communication and Critique-** tailored to giving feedback on job tasks and performance.



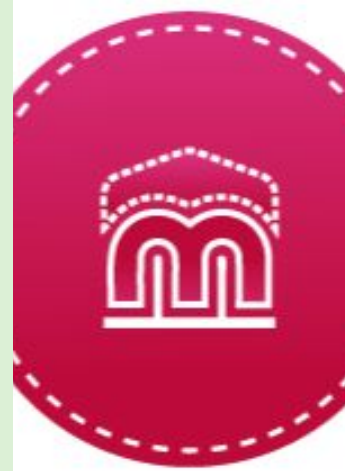


NEXT STEPS

MEET OUR TEAM



Each of our workshops is facilitated by a different instructor, based on their experience. See our [staff page](#). Feel free to ask in your email who your instructor will be.



EMAIL US



Info@momentumstage.org

Request one of the workshops in this deck, or ask us about a workshop specific to your needs.

THANKS!

• • • •

Please feel free to email us with your questions or needs! We are excited to work with you.

info@momentumstage.org

www.momentumstage.org

[@momentumstagefl](https://www.instagram.com/momentumstagefl)



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