



TONIC

Training for
Performing Arts
Colleges and
Conservatoires

Photo: P. Fysh

Tonic Participate

Participate is a programme for institutions offering training in the performing arts. It's designed to:

- Help staff and students cultivate a safer and more inclusive training environment
- Address a range of topics in relation to equality and diversity
- Provide practical advice and tools to take away

We work with schools, colleges and conservatoires across the country.

Who are Tonic?

For over a decade, Tonic has been at the forefront of driving change within arts and culture, making the sector more equitable, diverse and inclusive.

We devise and lead innovative and impactful projects which get to the root of existing inequalities and make long-lasting and wide-spread change. The results of our work are felt across the UK and internationally.

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"Tonic has become increasingly pivotal in helping the entire industry, through organisations and individuals, raise its game."

Rufus Norris, Director, National Theatre

Find out more at

www.tonictheatre.co.uk/participate

Our *Participate* Sessions include:

For students

- Boundaries and Respect
- Managing Fear and Developing Resilience
- Power Dynamics and Constructive Communication
- Consent
- Race and Allyship
- Sexism and Misogyny
- Class and Class Dynamics
- Unconscious Bias

For staff

- Unconscious Bias
- Introduction to Equality, Diversity and Inclusion
- Creating Inclusive Environments
- Race and Allyship
- Having Difficult Conversations

"After the sessions, I feel I have gained the tools to navigate my way through difficult situations in the industry. Being able to communicate assertively and stand by my morals is absolutely necessary practice not just for work, but life."

Third Year Acting Student

"I think this was really useful for us all to take stock and look at the way we teach and how that can affect the students not only whilst in our lessons but also for the rest of their lives."

Faculty Member

To discuss bringing Participate to your students and colleagues, or for further information, please contact info@tonictheatre.co.uk with the subject PARTICIPATE TRAINING.

More information on Tonic and our *Participate* programme can be found on our website:

www.tonictheatre.co.uk/participate

Workshops are bookable individually or as part of a longer-term package of support.

Looking for something specific?
Get in touch to discuss.

