

TONIC

Training for
Performing Arts
Colleges and
Conservatoires

Photo: Justin Slee

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, more inclusive training environment
- Support personal, professional, and interpersonal development through topics related to equality, diversity, inclusion, and group dynamics
- Provide a structured space to explore difficult topics, with practical advice and tools to take away

Who are Tonic?

Established in 2011, Tonic is at the forefront of driving change in arts and culture. Our mission is to support the workforce of the arts and cultural sector to become more diverse, resilient, and adaptable. The impact of our work is felt across the UK and internationally.

We work with schools, colleges, and conservatoires across the country, including:



Northern School of
Contemporary Dance

LAMDA

**EAST 15
ACTING SCHOOL**

ROYAL WELSH COLLEGE
OF MUSIC & DRAMA
COLEG BRENHINOL
CERDD A DRAMA CYMRU



Our Participate Sessions include:

For Students

- Boundaries and Respect
- Managing Fear and Developing Resilience
- Power Dynamics and Constructive Communication
- Consent
- Sexism and Misogyny
- Class and Class Dynamics
- Unconscious Bias
- Cultivating Bold Spaces

For Dance Students

- Cultivating Resilient Spaces
- Resilient Dancers

For Staff

- Unconscious Bias
- Introduction to Equality, Diversity and Inclusion
- Inclusive Practice
- Having Difficult Conversations
- Leading Resilient Spaces

"Tonic has delivered a range of sessions for staff and students. This work is highly valued, and contributes to our wider engagement with matters of social justice and cultural change."

Andy Lavendar, Provost & Vice Principal (Academic), Guildhall School of Music and Drama

"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 bring Participate to your students and colleagues, or to find out more, contact **info@tonictheatre.co.uk** with the subject line PARTICIPATE TRAINING.

More information about Tonic and the Participate programme is available at: www.tonictheatre.co.uk/participate

Workshops can be booked individually or as part of a longer-term support package.

Looking for something specific?
Get in touch to discuss your needs.



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