

A&B NI Business Event: Reconnection- staff cohesion and wellbeing



Brief introduction to Amadan Ensemble

Amadan makes physical and devised theatre specialising in the practice of Clown & Bouffon. Creating and producing original work that takes risks, these productions tour throughout ROI and NI arts venues. Creative directors Gemma Mae and Jude have created unique, bespoke and provocative work that is accessible, stimulating, relevant, entertaining and challenging for audiences, encouraging interaction and engagement.

What we can do for you & why

- Offer specialised workshops for your staff members, including a consultation prior to the delivery of the project to tailor the activities to individual needs for each company.
- Amadan creative directors Gemma and Jude will lead the workshops using devised theatre & Clown techniques that support re-connection through allowing time and space for play, improving confidence, collective working and team development
- Laughing together promotes well-being and grows community cohesion, and has been proven to strengthen your immune system, boost your mood, and protect you from the damaging effects of stress
- Amadan works with a diverse range of groups and can adapt any activity to cater for a range of physical needs.



RETAINING YOUR STAFF



Retaining staff through upskilling and supporting mental wellbeing has become increasingly important, specifically in a post-pandemic time. Team development exercises rely on each participant feeling safe to conduct themselves in a playful manner and Amadan has ample experience creating this environment through the delivery of workshops, residencies and mentorship. This workshop will focus on building team cohesion, resilience and creative thinking.

This workshop will include:

- A short, guided meditation to prepare everyone for the workshop, disengage from outside distractions and engage with the activity
- Exercises that promote and encourage playing together, having fun and creating deeper relationships

- Dealing with the ‘flop’ - when disaster strikes and an alternative and unplanned course of action is required. The ‘flop’ is ideal for learning how to deal with things going wrong, building resilience and the ability to pivot to an optimistic point of view enabling new opportunities to come to light
- Creating security within the group to enable risk taking - encouraging new thoughts and creative solutions which builds confidence and a sense of self-worth

Something else...

Alternatively, Amadan can offer a one-of-a-kind performance of Mr. Mess for your office/ staff suitable for all ages and enabling you to bring your staff and their families together, cementing relationships and acknowledging your staff’s roles as care givers. Please ask for further details.

Operational details

Duration	Space/Equipment	No. of Participants	Cost
1hr workshop (lunchtime team activity) <i>This can be run as a series – please ask for details</i>	<i>Space-</i> A room with enough space for each participant to move around <i>Equipment-</i> all required equipment supplied by Amadan, will need an electrical socket	Max 15 participants	£300
2hr workshop <i>This can be run as a series – please ask for details</i>	<i>Space-</i> A room with enough space for each participant to move around <i>Equipment-</i> all required equipment supplied by Amadan, will need an electrical socket	Max 15 participants	£500

Testimonials

“The company set up a safe and supportive sharing environment where all of the participants felt secure enough to try out embryonic ideas.”

“It was a wonderful experience which I think I benefited from and will continue to benefit from.”

“Relaxed atmosphere of mutual support and opportunities to chat with everyone...Being Valued”

Contact details Website - <https://www.amadanensemble.com/>

Gemma Mae Halligan	Creative Director	amadanensemble@gmail.com	07813 954650
Jude Quinn	Creative Director	amadanensemble@gmail.com	07967 109689