




MOVEMENT & VOICE IMPROV WORKSHOPS




with Róisín Dexter

We are all Creative, but to access this creativity in our everyday lives we need frequent inspiration and to work our creativity muscles regularly!

In this workshop, we create a dynamic piece of art in real-time using just our bodies and voices. You do not need to be a singer or a dancer to contribute - just be willing to access your unique, authentic perspectives on life which we learn to interpret and offer to the piece. We finish by analysing what was needed to create the piece, and therefore recognising within ourselves the **5 Creative Habits of Mind**. Each participant then sets an intention of a step they can take to nurture one of these, with accountability provided by a partner.



Based on the work of Meredith Monk and Róisín's own work as a musician, lifecoach and teacher, this workshop is fun, accessible and provides a rich experience for expanding our creative literacy and synergetic awareness.



About the facilitator

With over 20 years experience as a workshop facilitator, musician and former primary teacher Róisín Dexter also works as a Creative Associate with the Arts Council, choir trainer and Climate Coach. Róisín believes that the Arts and Creativity are key to addressing our world's multiple crises, and visions a world where creatively literate young people lead with heart, empathy and purpose.



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