



women*scircus

School Workshops Info Pack

www.womenscircus.org.au



Thank you for considering Women's Circus workshops. Funds from your booking directly supports women and marginalised communities who face barriers to access our world renowned Social Circus and Artist Development programs. As a not-for-profit organisation with over 27 years of experience in performance and community engagement we know first hand the power of circus to uplift, transform and inspire.

This info pack includes all you need to know about our workshops including what to expect, prices and booking requirements. If you can't find what you're looking for in this pack, you are most welcome to contact us:

E: training@womenscircus.org.au | Ph: (03) 9687 3665

We look forward to sharing our talents with you!



We acknowledge the Kulin Nation as the traditional custodians of the land on which the Women's Circus meets, trains, works and creates. We pay our respects to local Elders, past, present and emerging, and to the Elders of all communities and cultures across Victoria.

A bit about our workshops...



Women's Circus workshops are a unique way to build confidence and team skills in your participants. Join us for a circus adventure...

Our workshops are designed for all genders and are tailored to the age and ability levels of participants.

We can cater to large or small groups and have highly skilled trainers with the qualifications and experience to support a variety of access needs.

We encourage minimum 1.5 hour workshops to maximise the enjoyment of participants. Workshops can take place at your organisations location or at Women's Circus Training Centre.

Where possible we encourage you to attend workshops at our venue as it is fully equipped and a great circus adventure!

Please let us know of any access requirements as Women's Circus is committed to making our workshops fully accessible.

Available Workshops

CIRCUS TASTER

Give your group a taste of the possibilities of circus with this intro to skills including acrobalance, hula hooping, juggling and manipulation. A wonderful way for participants to connect with their bodies, build confidence and work as a team.



UP, UP & AWAY

Join our expert trainers the Drill Hall, Women's Circus Training Centre, where participants can work with our specialised aerials equipment. Fly on a trapeze, climb a rope, rock in a cloud swing. Participants will test their boundaries and learn to fly!

Please note: this workshop can only be delivered at our Drill Hall home.

STORY CIRCUS

Where the physical and intellectual collide as kids create! This workshop combines circus with dramatic story creation. Students are guided in the art of story creation as they learn circus skills and physical performance. As they juggle, hula-hoop and balance, they will be playing with character and story development.



GRRLS TO THE FRONT

This unique program focuses on providing space for young women, trans and gender non conforming students to move, be heard, share ideas and stories and develop confidence and leadership skills. Using circus skills and tricks, we'll support participants to acknowledge their personal strengths with emphasis on their physical and emotional well-being.

Workshop Rates

Up to 8 participants.....\$420 + GST (one trainer)

Up to 16 participants.....\$680 + GST (two trainers)

16 - 24 participants.....\$940 + GST (three trainers)

Prices include venue hire, equipment hire, and trainers. Excludes travel costs for any offsite workshops. Workshops offsite can only occur within a 20km radius of our West Footscray location.

While Women's Circus workshops are for all ages and genders, we prioritise working with women, trans and gender non-confirming people, those from marginalised communities, and those facing barriers.

If your school works with any of the above we encourage you to check out our *Circus For Life Program* to see if you qualify for heavily discounted workshops.

"It was wonderful to see them so engaged and animated. I was anticipating having to guide and support the young people through the session but the trainers held the space so beautifully that the teacher was even able to join in. It was brilliant!"



To discuss longer term programs or partnerships please contact our Training Manager: training@womenscircus.org.au

WORKSHOP OUTCOMES & CURRICULUM CONNECTIONS

WORKSHOP OUTCOMES

- Confidence in being themselves
 - Fitness and emotional well-being
 - Creativity with movement, rhythm and balance
 - Engagement and motivation
 - Bodily/kinesthetic awareness
 - Motor skill coordination
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VICTORIAN CURRICULUM F-10 CONNECTIONS

Women's Circus workshops address a number of key aims across The Arts (Drama and Dance), Health & Physical Education and Personal and Social Capability.

- Demonstrate an awareness of their personal qualities and the factors that contribute to resilience (**Personal and Social Capability**)
 - Develop empathy for and understanding of others and recognise the importance of supporting diversity for a cohesive community (**Personal and Social Capability**)
 - Understand how relationships are developed and use interpersonal skills to establish and maintain respectful relationships (**Personal and Social Capability**)
 - Work effectively in teams and develop strategies to manage challenging situations constructively (**Personal and Social Capability**)
 - Develop and use personal, behavioural, social and cognitive skills and strategies to promote a sense of personal identity and wellbeing and to build and manage respectful relationships (**Health and Physical Education**)
 - Acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings (**Health and Physical Education**)
 - Engage in and enjoy regular movement-based learning experiences and understand and appreciate their significance to personal, social, cultural, environmental and health practices and outcomes (**Health and Physical Education**)
 - Confidence and self-esteem to explore, depict and celebrate human experience, take risks and challenge their own creativity through drama (**Drama**)
 - Sense of curiosity, aesthetic knowledge, enjoyment and achievement through exploring and playing roles, and imagining situations, actions and ideas as drama makers and audiences (**Drama**)
 - Body awareness and technical and expressive skills to communicate through movement confidently, creatively and intelligently (**Dance**)
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Important Information



Women's Circus will provide:

- Team of expert Circus Trainers
- All necessary circus equipment
- Public Liability Insurance
- The Drill Hall has a kitchen and community room (BYO lunch/morning tea).

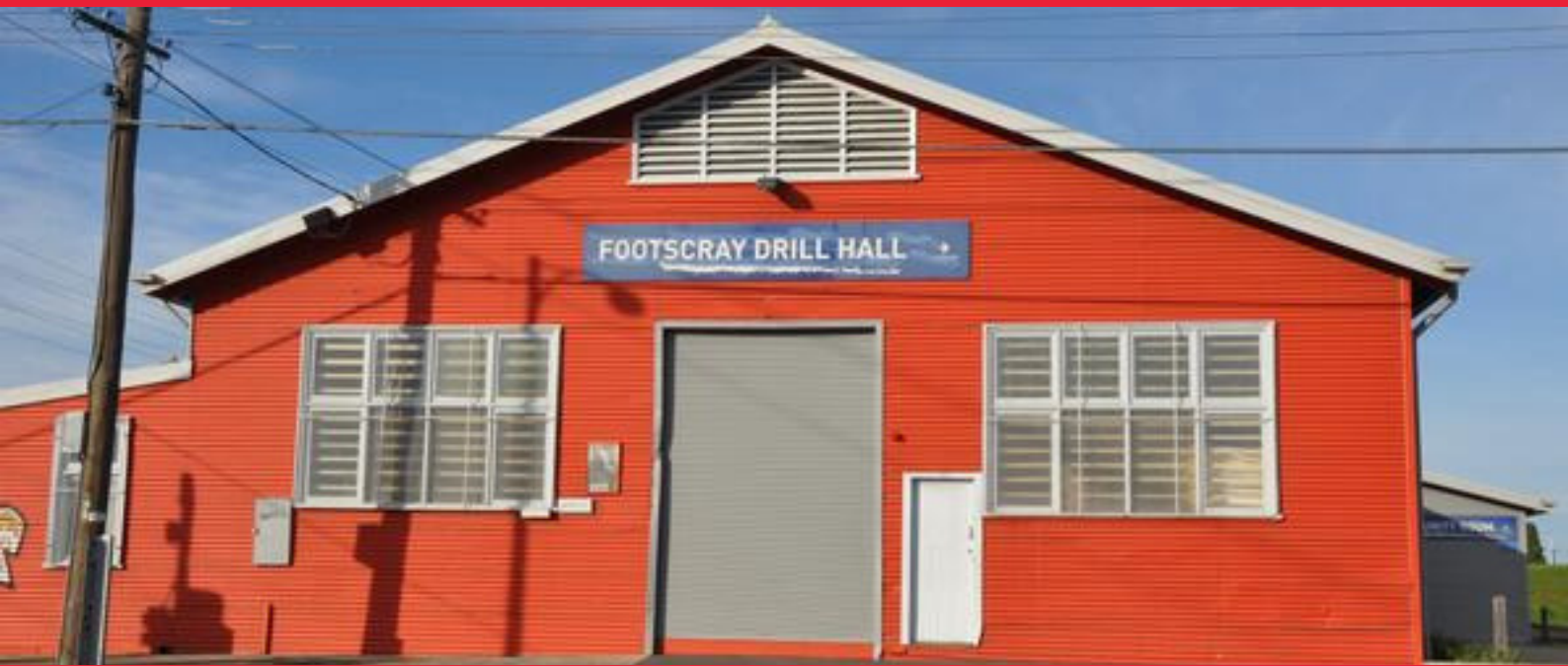
For offsite workshops, schools to provide:

- 1 large room or hall for a maximum of 48 participants
- 1 school facilitator to participate and support workshop
- 50% deposit upon booking and remaining payment within 24 hours of workshop

Terms & Conditions:

- Workshops offsite can only occur within a 20km radius of our West Footscray location and incur an extra fee
- Cancellations can be made by email or phone at least 14 days before the first workshop date
- Any cancellations made after this period will incur a 50% charge of the total incursion cost

About our Training Centre



The Drill Hall has been the home of Women's Circus since 2006. We are located next to Whitten Oval and close to West Footscray station. Onsite parking is available, and the venue is fully wheelchair accessible. Gender neutral toilets are available on site.



Our Trainers



Women's Circus has a team of over fifteen trainers experienced working with children and adults from diverse communities and backgrounds such as asylum seekers/ refugees, LGBTQIA+, Deaf and HoH and mental health. They have trained and taught at some of Australia's top circus organisations including the National Institute of Circus Arts, Circus Oz, Westside Circus and internationally. All Women's Circus Trainers have current Working with Children checks and First Aid certifications.

About Us | Contact



Started in 1991, Women's Circus continues to provide ongoing training, artistic and community programs for women and their communities. We are considered sector leaders in the use of circus as a tool for positive social change.

Over the years, Women's Circus has worked with hundreds of community groups and thousands of women to support wellbeing, physical strength and creativity.

Our approach is to create a safe and inclusive space where risk taking, empathy, imagination and innovation can thrive. Women's Circus brings a unique approach to our workshops through applying a feminist and inclusive lens.

We look forward to working with you to create a unique circus experience!

Contact us:

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395 Barkly Street, West Footscray, 3012 VIC

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