



Epic Encounters Workshop Themes 2016

Every Person Counts –

“Be imaginative and see creativity, be human and see uniqueness, be adaptable and see possibility.” – Epic Arts Manifesto

The focus of this workshop is to use the Epic Arts Manifesto to explore equality, acceptance, adaptability and difference. A workshop that uses creative movement based tasks to explore the principles that Epic Arts stands by to encourage a more inclusive society for everyone to live in.

From Conflict to Peace –

“Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means” - Gandhi

The focus of this workshop is on how peaceful attitudes can solve conflict. The workshops focus on "conflict" at a personal level (rather than global issues of the present and past). A workshop that uses creative movement based tasks to address some of the conflicts we face on a regular basis (fights, arguments, disagreements, fall outs) and encourage understanding, respect and communication to solve conflict.

There is no 'I' in Team –

“Alone we can do so little; together we can do so much” – Helen Keller

The focus of this workshop is on the skills required for strong teamwork. Using creative movement based tasks the skills of Listening, Questioning, Respecting, Helping, Sharing and Participating are explored along with the idea that every person can bring something unique to a team and that this should be celebrated.