

Creative Methods and Movement for Self-Confidence and Team-Building

Trainers

Stephanie Bangoura (Dance, Gestalt and Trauma Therapy) and professional musicians.

Course Description

This practice-based course uses movement, voice and rhythm to strengthen mental health, self-responsability and cooperation. Participants learn holistic tools for group facilitation, embodied leadership and diversity-sensitive learning environments.

Target Group

Learners and staff in vocational and adult education, schools, youth and social work, arts and culture. Open to all ages, bodies and experience levels.

Learning Outcomes

- strengthen resilience, presence and self-awareness
- develop embodied leadership skills
- expand intercultural competence and diversity awareness
- apply trauma-sensitive methods for team-building and group facilitation

Methods

- Ritual Dance Pedagogy
- movement, voice, rhythm and theatre exercises
- safer-space through self-determination, participation, appreciation and belonging
- sharing rounds and practice-based case studies
- handouts with key principles and facilitation tools

Course Format

Duration: 6 training days, 30 hours, plus peer exchange and 2 travel days

Languages: English, German, French, Spanish and Portuguese

Group size: 8–25 participants

Certificate: Certificate of attendance

Course in Germany or Invited Expert

The course takes place in the Salzwedel region, 150 km from Hamburg. Transfer from Salzwedel train station can be arranged. By arrangement, organisations can also invite Stephanie Bangoura as an Erasmus+ expert. Dates, duration and content can be adapted to the organisation's needs

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