

**Arts
& Business**
Northern Ireland

REMOTE STAFF ENGAGEMENT

Solutions to help your staff stay
connected and supported during COVID-19

COMMUNICATE. CAPTIVATE. INSPIRE. THE ART OF AUDIENCE ENGAGEMENT



CLICK TO DISCOVER MORE:



EMER MAGUIRE

THE PRODUCT

A live, interactive online course on all things communication, designed to get you out of your communicative comfort zone and see how small changes can make a big difference.

How do you feel when you get up to speak in front of other humans? Terrified? You're not alone! Public speaking is often cited as the number one fear of the majority.

This course is focused on becoming a confident communicator, and presenting the best version of yourself when it matters most. Whether you want to shine at your next interview, be more assertive in awkward situations, start a podcast for your company, speak up at team meetings, train others or be more resilient- this course is for you! Anyone and everyone is welcome, whatever your motivation.

The course will consist of interactive workshops alongside informative presentations, as well as getting to know your fellow communicators.

CHECK OUT EMER
MAGUIRE'S TEDX TALK
'SCIENCE OF LOVE' [HERE](#)

HOW WILL IT HELP YOUR STAFF?

The course will help your employees develop and improve their communication and presentation skill, as well as developing their confidence both in their professional and personal lives.

Good communication skills are integral to every career. Ensuring your staff members communication skills are the best they can be will positively impact any business immeasurably.

THE FINER DETAILS

Half day training : 3.5 hours,
starting time flexible from
9.30am

Full day training: 6.5 hours,
with 1 hour lunch break

Platform: Zoom

Device(s) required:
Laptop/phone/tablet with video
and microphone functionality

Format: Live stream

Participants: 8 - 15. Costings and
arrangements for
smaller/larger groups available
on request

Customisation: Bespoke
sessions to cover specific topics
can be arranged by request.

COSTS

Half day training:
£50 per participant with a minimum
price booking of 8 participants per
session. £400 per half day minimum
cost.

Full day training:
£80 per participant with a minimum
price booking of 8 participants per
session. £640 per day minimum cost.

Please get in touch for pricing
queries for smaller/larger groups or
more bespoke training.

ABOUT

Emer Maguire is passionate about communication and presenting. Emer is an international award winning science communicator, and a double Irish Radio award-winning BBC presenter. She is a four time TEDx speaker, a conference and event MC, presenter of the podcast 'Elementary My Dear' and a musical comedian with a sold out Edinburgh Fringe run under her belt. Emer is also a qualified and practicing Speech and Language Therapist.

In other words, she loves communicating in any way she can. With years of experience in a multitude of mediums, Emer is a communications expert. She has developed and delivered communication workshops for universities, private organisations and companies, and the public.

BOOKING DETAILS

CONTACT EMER MAGUIRE
EMER@EMERMAGUIRE.COM | 07706287365

CULTURAL CONNECTIONS

ARTSEKTA

THE PRODUCT

Employees are invited to unwind with this programme of international music playlists, global dance and drumming lessons, mindfulness workshops, creative interaction and cultural learning, all facilitated by ArtSekta.

ARTSEKTA IS THE PROUD FOUNDER OF BELFAST MELA, NI'S LARGEST CULTURAL FESTIVAL. THIS EVENT BRINGS TOGETHER FOOD, MUSIC, DANCE & ART TO CELEBRATE BELFAST'S DIVERSE CULTURES. WATCH THE 2019 MELA VIDEO [HERE](#)

HOW WILL IT HELP YOUR STAFF?

This programme encourages staff to let their creative juices flow, take part in group radio, learn to dance and practice their drumming using household items. All this whilst learning about a new culture, staying connected and unwinding after a long day at the (home) office!

THE FINER DETAILS

Times: 11am or 5pm

Platform: Facebook

Format: A mixture of pre-recorded and live resources, one hour each Monday, Wednesday and Friday for 4 weeks

Requirements: Any device with access to Zoom

Participants: No limit



CLICK TO DISCOVER MORE:



COSTS

£500 inclusive for the 4-week programme

ABOUT

ArtsEkta is a multi-award winning cultural organisation that works to develop intercultural relationships at the heart of the community and is home to the Belfast Mela - the largest celebration of cultural diversity on the island of Ireland.

The brainchild of Indian-native Nisha Tandon, ArtsEkta was founded in 2006 on the principles of inclusivity, creativity and openness in all aspects of society – Ekta means 'uniting' in the Indian language.

Bringing together communities of Belfast and beyond, we create projects that inspire audiences to engage with the diversity, tastes, rhythms and sights that make up the multicultural life of Northern Ireland.

BOOKING DETAILS

CONTACT AOIFE MCCRORY
AOIFE@ARTSEKTA.ORG.UK | 07485 121610

SHAKESPEARE CHALLENGE

LYRIC THEATRE

THE PRODUCT

Your employees are invited to take part in a team challenge: to create a collective piece of Shakespeare and learn basic vocal exercises which will help you in your virtual workplace at the same time.

Directed by the Head of Creative Learning at the Lyric Theatre, staff will perform their piece as a collective team together at the end of the project.

Overall the Shakespeare Challenge can be delivered in 1 week or over a longer period of time, according to requirements.

It is a one-off project which includes:

- Podcast viewing (10-20 mins delivered in one, two or three short programmes, depending on what works better for the team)
- 2 x 20 minutes of Zoom sessions (this could be altered to suit the company's own needs, for example 4 x 10 minute sessions instead)
- Final showcase performance on Zoom

A&BNI SUPPORTED A BESPOKE
STAFF DEVELOPMENT
PROJECT BETWEEN THE LYRIC
AND EDWARDS & COMPANY
SOLICITORS.
FIND THE DETAILS [HERE](#)

HOW WILL IT HELP YOUR STAFF?

Team Working:

- Allows your staff to feel connected to their work colleagues during this period of home-working
- Lets staff achieve something together as a team, which is not related to targets or sales
- Lets staff (virtually) socialise together and have fun

Skills Development:

- Teaches basic vocal exercises
- Allows the team to test the concept of virtual learning
- Shows staff how they could deliver consistent (and virtual) skills development across teams

THE FINER DETAILS

Times: Anytime during the working day

Platform: Zoom

Devices: Any device with access to Zoom and capability to download scripts

Format: Pre-recorded introductory podcast, live Zoom rehearsal sessions, and a live screening of the final product over Zoom

Participants: 4-20

Customisation: Podcast and session can be altered lengths to suit the company's needs



CLICK TO DISCOVER MORE:



COSTS

£750

ABOUT

The Lyric Theatre is Northern Ireland's only full-producing theatre and for almost 70 years has held a unique position in the cultural landscape of Northern Ireland. The Lyric is a charity, and bound by their charitable purpose and mission to be a playhouse for all. They are a shared civic space for artists and audiences alike; a creative hub for theatre-making, nurturing talent and promoting the critical role of the arts in society.

Their mission is to create, entertain, and inspire. Their mission is supported by their values and behaviours: They are welcoming: The Lyric Theatre is an inclusive and accessible space for all: a creative place to play, learn, question and explore. They are nurturing: Their goal is to galvanise, and empower artists, whilst nurturing new generations of talent through the Lyric Drama Studio and their Creative Learning and New Writing programmes. They inspire and entertain: They aim to provide theatre experiences that entertain and inspire; challenging audiences to explore their own and other stories.

BOOKING DETAILS

CONTACT PHILIP CRAWFORD, HEAD OF CREATIVE LEARNING
PHILIPCRAWFORD@LYRICTHEATRE.CO.UK | 07901771921

MAKE YOUR MOVE

MAIDEN VOYAGE DANCE

THE PRODUCT

Make Your Move is a workshop choreography project designed to engage your staff.

Employees will participate in a live movement workshop, at the end of which they will have created a short piece of choreography.

Staff will record themselves performing this final piece and submit the clip to Maiden Voyage Dance, before the end of the live session.

The submitted clips will be edited together as a short digital dance film for your business to share.

IN FEBRUARY 2020
MAIDEN VOYAGE DANCE
COMMISSIONED AND
PRESENTED 'BRINK', A
DUET EXPLORING BREXIT,
PERFORMED AT THE MAC.
[VIEW AN EXCERPT HERE](#)

HOW WILL IT HELP YOUR STAFF?

The Make Your Move project provides a fun outlet for individual creative expression.

It is designed to boost morale and build a sense of connectedness. It will also keep the body active, reduce stress levels and build confidence when mastering new movement skills.

THE FINER DETAILS

Times: Morning or afternoon
(time can be agreed)

Platform: Zoom

Requirements:

- Any device with access to Zoom
- Clear space to move around
- Loose comfortable clothing
- Ability to record a short clip of themselves and send to Maiden Voyage

Format: One 1-hour Zoom session

Participants: A maximum of 20 participants per session



CLICK TO DISCOVER MORE:



COSTS

£250 per session

ABOUT

Maiden Voyage Dance are Northern Ireland's contemporary dance commissioning company offering discoveries in dance with artists, audiences and participants across live performance, engagement programmes and professional development events.

Maiden Voyage Dance commission local, national and international choreographers and collaborators for three commissioning strands; Maiden Belfast full length or mixed bill touring works; Dance Exposed short works for public spaces; and Offspring touring works for young and family audiences.

Maiden Voyage Dance have commissioned and presented over 30 original dance works across Ireland, UK and Europe since being established eighteen years ago.

BOOKING DETAILS

CONTACT NICOLA CURRY
NICOLA@MAIDENVOYAGEDANCE.COM
07776 180295

STRAND-ED AT HOME?

STRAND ARTS CENTRE

THE PRODUCT

'Strand-ed at Home?' is a mockumentary-style response to our new ways of working and living during COVID-19.

Presented by Those Who Can't, Northern Ireland's most dynamic comedy trio; who, sadly, like everyone, are stuck in the house social distancing and they won't lie to you – it's starting to take its toll.

Join our heroes, Dan, Rach and Steve, as they valiantly try not to crack up completely in the safety of their own homes – yes, it's "Those Who Can't Are Locked Down".

THE STRAND PLAYS HOME
TO A MYRIAD OF FILM,
LIVE THEATRE AND MUSIC
EVENTS- THE VENUE HAS
EVEN HOSTED A
PERFORMANCE BY LOCAL
EAST BELFAST LEGEND
VAN MORRISON!

HOW WILL IT HELP YOUR STAFF?

These short, sharp, satirical videos provide commentaries which prove topical and relatable - ideal to divert and entertain us from whatever we were doing, or pretending to be doing, before getting back to it.

Those Who Can't will take inspiration from current memes & trends (e.g. balcony performances, painting rainbows, Zoom meetings and online parenting, cooking and keep fit). These videos aim to reflect the times we live in, help everyone's mental health, and to bring some cheer to our social isolation.

THE FINER DETAILS

Times: 3 x 15-minute 'Strand-ed at Home?' episodes, beginning 22nd April and at fortnightly intervals thereafter

Platform: Strand's You Tube channel + Strand's website via secret URL

Format: Pre-recorded

Participants: No limit



CLICK TO DISCOVER MORE:



COSTS

Free early access to each episode for Arts & Business NI members. Links will be shared with all business members as they are uploaded.

ABOUT

Strand Arts Centre is a not-for-profit community hub in East Belfast.

They programme film, live theatre, music, literature, and workshops for kids and adults.

Their Silver Screenings provide older people with the chance to see a classic film and reminisce about previous cinema visits.

Their community engagement projects inspire young people from schools and hard to reach groups.

Their vision is to renovate the Art Deco building in which their activities take place - the oldest cinema in Northern Ireland.

FIRST VIEWING LINK BELOW

[CLICK HERE](#)

CORPORATE CREATIVE WRITING CLASSES

LYRIC THEATRE

THE PRODUCT

Employees will take part in a project aimed at skills development, helping them develop the art of creative writing. Working with the Lyric Theatre's award-winning literary department, these virtual classes aim to deliver Great Writing and Corporate Creativity, in the development of a short play or a number of short plays.

The Corporate Creative Writing Classes can be delivered over 5-6 weeks, according to requirements.

It is a one-off project including:

- Podcast viewing (10-15 mins: a short introduction about the creative process, some insights and tips from masters in the industry, and setting out the 'Creative Challenge')
- 4 x 50min weekly team Zoom sessions with the Lyric's Head of Creative Learning and/or guest speakers/playwrights
- Recording of pieces by up to 3 professional actors, to be sent to the participating company
- This can then be aired on team Zoom as a way to celebrate the collective work

DID YOU KNOW THE
LYRIC TURNED 50 IN 2018?
WATCH THE BBC ARTS NI
CELEBRATORY PROGRAMME
ON IPLAYER [HERE](#)

HOW WILL IT HELP YOUR STAFF?

Team Working:

- Helps staff feel connected to their team and to a community of people
- Allows staff to achieve something as an individual or collectively which is not related to targets or sales
- Lets staff (virtually) socialise together and have fun

Skills Development

- Improves writing skills, helping to make external communication sharper and internal communication clear
- Corporate Creativity: supports creative writing collectively and/or individually, allowing development of fresh techniques

THE FINER DETAILS

Times: Anytime during the working day

Platform: Zoom

Devices: Any device with access to Zoom and capability to upload scripts

Format:

- Pre-recorded intro podcast 'The Creative Challenge'
- Mixture of live and pre-recorded meetings to work through challenge
- Recorded performances by professional actor/s

Participants: 1-8

Customisation: Podcast and session can be altered lengths to suit the company's needs.



CLICK TO DISCOVER MORE:



COSTS

£1050

ABOUT

The Lyric Theatre is Northern Ireland's only full-producing theatre and for almost 70 years has held a unique position in the cultural landscape of Northern Ireland. The Lyric is a charity, and bound by their charitable purpose and mission to be a playhouse for all. They are a shared civic space for artists and audiences alike; a creative hub for theatre-making, nurturing talent and promoting the critical role of the arts in society.

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BOOKING DETAILS

CONTACT PHILIP CRAWFORD, HEAD OF CREATIVE LEARNING
PHILIPCRAWFORD@LYRICTHEATRE.CO.UK | 07901771921

MINDFUL MOVEMENT

MAIDEN VOYAGE DANCE

THE PRODUCT

Mindful Movement – Home to Home session recordings provide access to four somatic movement lessons taught remotely by our expert instructors, for employees to use at a time suitable for them. The sessions are designed to address habitual muscular reflexes caused by sitting for prolonged periods, and includes the following:

Session 1. The Pelvis; How to sit more lightly, move your pelvis more easily

Session 2. Freeing your middle back; more efficient posture.

Session 3. Neck & Shoulders; dissolve tension in neck and shoulders

Session 4. Mobilising neck shoulders and back; relieving stress

**"EXCELLENT STAFF,
EXCELLENT TEACHING
STANDARD, ENJOYABLE
FOR ALL! AN EXCELLENT
DANCE COMPANY"**

- ST CECILIA'S COLLEGE,
DERRY/LONDONDERRY

HOW WILL IT HELP YOUR STAFF?

The sessions involve slow meditative movements to improve physical ability in an effortless way and the effectiveness with which the brain coordinates and controls movements. Staff will find the sessions deeply relaxing, feel improvement in postural habits and gain new viewpoints on active processes and feeling within the body.

THE FINER DETAILS

Times: Videos can be followed at any time

Platform: Vimeo

Equipment:

- A chair
- Device with internet connection to stream videos

Format: 4 pre-recorded sessions (30–38 minutes per session) – businesses to be given access with an online link and password

Participants: No limit



CLICK TO DISCOVER MORE:



COSTS

£250 per session

ABOUT

Maiden Voyage Dance are Northern Ireland's contemporary dance commissioning company offering discoveries in dance with artists, audiences and participants across live performance, engagement programmes and professional development events.

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Maiden Voyage Dance have commissioned and presented over 30 original dance works across Ireland, UK and Europe since being established eighteen years ago.

BOOKING DETAILS

CONTACT NICOLA CURRY
NICOLA@MAIDENVOYAGEDANCE.COM
07776 180295

REPOSE: WE ARE HERE

TINDERBOX

THE PRODUCT

REPOSE is a rejuvenating soundscape where listeners can embark on a formidable journey through five different landscapes using vocal guidance, the elements and your imagination.

Each stage of the journey is aligned with specific guidance to promote mental health and well-being whilst also inviting listeners to explore their own imagination. The journey is practised by theatre practitioners across the world, and Tinderbox wish to make this journey available and accessible to everyone during the current self-isolation period, as contact with the natural environment is severely limited at this time.

The Journey is in 5 key stages:

- The Sea: Calm
- The Forest: Explore
- The Mountain: Resilience/Accomplishment
- The River: One step at a time / Mindfulness
- The Plain and Sunset: Release, Breath / Awareness

Sound Design - Isaac Gibson
Vocals - Adam Dougal

CHECK OUT TINDERBOX'S
COVID-19 SOLO ART
PROJECT, SHARING LOCAL
ARTIST'S WORK DAILY
[HERE](#)

HOW WILL IT HELP YOUR STAFF?

The calm vocal guidance gives the participant time to engage with their own imagination. In this way, it is different from a passive form of visualisation as it requires active engagement.

Mental Health and Well-Being:
Each stage of the journey symbolises an important aspect to emotional well-being; Repose provides your staff with the opportunity to feel these attributes, rather than merely understand them.

Nature/ Self-Isolation:
Nature has a significant impact on our emotional well-being. Repose offers 5 glimpses of natural environments in 15 minutes.

THE FINER DETAILS

Times: Anytime during the day

Platform: SoundCloud

Format: Pre-recorded 15 minute soundscape

Requirements: Device and earphones/headphones

Participants: As many as required. It is an individual experience.



CLICK TO DISCOVER MORE:



COSTS

£8 per individual

ABOUT

Tinderbox Theatre Company is one of the most established theatre companies in Northern Ireland.

For over thirty years, Tinderbox have championed new writing, producing world-class performances from Northern Irish writers and theatre makers to critical and international acclaim.

Tinderbox empowers the individual through the art of play. We use play to liberate the imagination, to discover, explore and realise creative potential and to create new performances that challenge, provoke and inspire.

Our ambition is for art to be at the centre of our society and for everyone to have the opportunity to engage with their own creativity and to be a force for positive change in the world.

In 2018, Tinderbox's production *The Man Who Fell to Pieces* was nominated as best national play by the Writers Guild Ireland and this year were recipients for the Creative Workplace Award 2020 with Citi at the Allianz Arts and Business NI Awards.

BOOKING DETAILS

CONTACT PATRICK J O'REILLY
PATRICKJ.O'REILLY@TINDERBOX.ORG.UK | 07490 427137

CREATIVE SNAPSHOTS

WALL2WALL MUSIC

THE PRODUCT

A diverse mixture of quick games and activities to connect staff with their colleagues on a coffee break.

Creative Snapshots comprises of 20 minute live sessions via Zoom, offering games and activities enabling staff to take a creative break from work, connect with colleagues in new ways and take care of their wellbeing.

The snapshots are creative 'a-ha' moments, shared with everyone who takes part.

**CREATIVE EXERCISES
CAN RANGE FROM QUICK
DRAW CHALLENGES,
COLLABORATIVE LYRIC
WRITING, QUESTION &
ANSWER SESSIONS AND
MORE; ALL TASKS ARE
DESIGNED TO UNLOCK
CREATIVE JUICES AND
FACILITATE FUN
INTERACTIONS**

HOW WILL IT HELP YOUR STAFF?

Taking part in creative activities helps us understand ourselves and the world around us.

At this time when many of us feel isolated, opportunities for self-expression and connection are vital. Creative Snapshots are small social moments that increase energy and help teams connect beyond their work tasks. This helps refresh creativity and supports good relationships and productivity.

THE FINER DETAILS

Times: Anytime during the working day

Platform: Zoom

Format: Creative Snapshots are 20 minute live delivery sessions that can be delivered as:

- A series of weekly sessions over 4 weeks
- A group of 7 sessions across one day or scheduled across one week for companies with multiple teams.
- A single session

Requirements: Any device with access to Zoom

Participants: Up to 20 participants per session

Customisation: Wall2Wall Music is open to delivering the programme in ways that support your company's needs best



CLICK TO DISCOVER MORE:



COSTS

A series of weekly sessions over 4 weeks: £360

A group of 7 sessions across one day or scheduled across one week for companies with multiple teams: £500

A single session: £100

Costs include 20 mins delivery, and 1 hour preparation, administration and follow up per session.

ABOUT

Wall2Wall Music believe in irresistible learning and in everybody's creative ability. They deliver workshops and training for people of all ages and abilities that encourages them to create, compose and perform.

The hundreds of sessions that they have run across the island of Ireland all begin with games and activities which enable people to feel comfortable in a group setting and unlock their creative potential.

Wall2Wall Music has a track record of excellence delivering creative work for and with major festivals and institutions including Galway 2020, the Department of Education and Skills Ireland, UK City of Culture 2013, Music Generation Ireland, Musical Futures and Barbican Centre London.

BOOKING DETAILS

CONTACT SARAH MURPHY, ARTISTIC DIRECTOR
SARAH@WALL2WALLMUSIC.ORG | 07811 107065

LIGHT AND SHADE VIRTUAL WORKPLACE CHOIR

KATIE RICHARDSON

THE PRODUCT

This online choir and singing project is a perfect way to keep staff upbeat and connected in trying times. They will learn to sing songs in harmony by ear focusing on fun and staying positive. This is suitable for anyone of any age and all levels of singing experience - no previous experience is necessary.

The programme will consist of:

- Live online 1-hour sessions once a week
- Pre-recorded parts to listen and practice to
- Online resources such as warm-ups.

On Zoom the participants won't be able to hear one another but will learn the parts with Katie and sing along with her.

There will be an optional add-on to produce a recorded video with everyone singing together that will be recorded on people's computer mics and then edited by Katie afterwards.

"KATIE'S GREATEST STRENGTH IN LEADING A CHOIR IS ENSURING EVERYONE FEELS INCLUDED. EVERYONE PLAYS THEIR PART AND EVERYONE HAS FUN AND SOMEHOW A MIXED ABILITY GROUP MANAGES TO SOUND GREAT."

-STEPHEN AGNEW, GREEN PARTY
AND MEMBER OF OPEN HOUSE
CHOIR

HOW WILL IT HELP YOUR STAFF?

- Allow staff to dedicate a bit of time to their mental health and general wellbeing during the working day
- Facilitate some physical activity to break up the day and re-focus their minds
- Encourage staff to find positivity during a really difficult time
- Nurture a sense of community amongst staff
- Make staff feel supported by you and seeing you invest in their mental and physical health

THE FINER DETAILS

Times: Anytime during the day, but singing is a great way to boost productivity so is perfect for the middle of a work day

Platform: Zoom and Dropbox

Format: Weekly for 1 hour per session as standard plus a new song arranged and recorded each week. Songs can be requested by the businesses and participants.

Requirements: Any device with access to Zoom

Participants: Up to 100 participants per session with the potential for more upon request

Customisation: Session lengths and frequency can be tailored to suit the needs of individual businesses.



CLICK TO DISCOVER MORE:



COSTS

The standard 6-week course will cost £550.

This includes 6 online sessions, 6 songs arranged with parts recorded and access to online vocal warmups. Bespoke packages negotiable.

Additional optional add ons include:

- Extension on the six week course
- A physical gathering or concert at the end of lockdown
- Extra songs arranged on request
- Anything else you can dream up!

ABOUT

Katie Richardson is a musical director, musician and composer based in Belfast. Katie has performed in multiple award-winning choirs and now directs Open House Choir and Cathedral Quarter Choir. She also runs workplace choirs for many businesses including Baker MacKenzie, Lidl, Women in Business, QUB Pharmacy Department and Foster Care Associates.

As a musician she has supported artists such as Foy Vance, Duke Special, Van Morrison, Noel Gallagher's High Flying Birds, Bell X1 and All Saints. As a composer/sound designer Katie has worked with many Theatre companies in NI including The Lyric, Maiden Voyage Dance, Tinderbox and The MAC where she was artist in residence in 2016.

She recently starred in The Lyric Theatre's production of Good Vibrations, as well as being the onstage musical director.

BOOKING DETAILS

CONTACT KATIE RICHARDSON | SHADEMUSICHQ@GMAIL.COM

WELL-BEING THROUGH PHOTOGRAPHY

BELFAST EXPOSED

THE PRODUCT

This programme embraces the NHS recommended 5 steps of well-being: Connect, Be Active, Keep Learning, Give to Others and Be Mindful. Staff will make use of photography to disrupt negative thoughts such as a distraction, instilling a coping mechanism and strategies to manage their current living and working situations.

The programme will build confidence, lift spirits and provide new and innovative ways for staff to express themselves. It will get staff to explore their home environment and self-identity, subtly developing resilience and healing mechanisms whilst building on personal strengths and supporting team cohesion.

The programme can be adapted to an individual's needs and resources. Staff don't need hi-tech cameras - they can just use the cameras on their phones, tablets etc. They do not need to have any photography experience to be involved in the programme.

**BELFAST EXPOSED HAS AN
UNRIVALLED ARCHIVE OF
PHOTOGRAPHY CAPTURING
NI'S HISTORY.
PART OF THE COLLECTION
CAN BE VIEWED [HERE](#)**

HOW WILL IT HELP YOUR STAFF?

Staff are rewarded with fun creative photographic activities that will provide up-skilling and support their mental health and well-being, while improving team building and cohesion.

THE FINER DETAILS

Times: 1 hour slots between
10am-5pm, Monday-Friday

Platform: Zoom

Format:

- 6-week course with weekly hour-long Zoom sessions
- Unusual photography tasks set from week to week
- Access to activity sheets to support the programme
- Access to additional activity and training video resources
- A selection of your staff's work will be exhibited and celebrated at a drinks reception at Belfast Exposed, open to family, friends and work colleagues.

Requirements: Any device with access to Zoom and any device with a camera

Participants: Up to 6 participants



CLICK TO DISCOVER MORE:



COSTS

£1,000 for the 6 week programme for up to 6 staff members

£1,600 for an enhanced programme to include 'live special guest' slots with local artists and celebrities including musicians, poets, comedians, and authors. They will visit the online meetings and give a 15 minute live performances which will greatly enhance the experiences of staff, lifting their spirits and inspiring their weekly photographic activities

£50 for additional one-to-one sessions

ABOUT

Belfast Exposed is the leading photography organisation in Northern Ireland, established in 1983 as a cross-community organisation showcasing the best of Northern Irish photography.

They have grown into an internationally recognised photography centre based in Belfast Cathedral Quarter; however, they operate across Northern Ireland and beyond. From their inception, they have been a training organisation working with the public, communities and businesses to enrich participant's lives through engagement in photography. Belfast Exposed has won 21 awards for the work they have delivered in the field of mental health and well-being and are specialists in the arts providing these services.

BOOKING DETAILS

CONTACT CONOR O'BRIEN
C.OBRIEN@BELFASTEXPOSED.ORG

INNER RHYTHM FM

BOUNCE CULTURE

THE PRODUCT

During their 20 years in the Creative Sector, Bounce Culture have found storytelling to be a profoundly powerful means of communication, be it through, music, images or audio or dance.

In these testing times, Bounce Culture will launch a series of mini-podcasts of 5 minute interviews hosted by their CEO, Kwa Daniels. Each podcast is made up of 3 questions directed to a member of staff within the participating company.

The answers to these 3 questions will provide support for other staff, as well as enabling employees to open up and get to know their colleagues a bit more; in turn teams taking part in the podcast will continue to feel connected to their work colleagues. The activity will encourage camaraderie and cohesion, therefore supporting staff remotely with their mental health and well-being.

**BOUNCE CULTURE'S
FOUNDER KWA DANIELS
RECENTLY UNVEILED
INTERNATIONAL PROJECT
'MIX THE CITY' ALONGSIDE
EMMY NOMINATED HANNAH
PEEL.**

CHECK IT OUT [HERE](#)

HOW WILL IT HELP YOUR STAFF?

This novel project promotes the value of personal relationships, to reinforce existing bonds, boost morale and enhance team spirit

Provides support for a colleague who may feel isolated while working from home

Enables teams taking part in the podcasts to continue feeling connected to their colleagues

THE FINER DETAILS

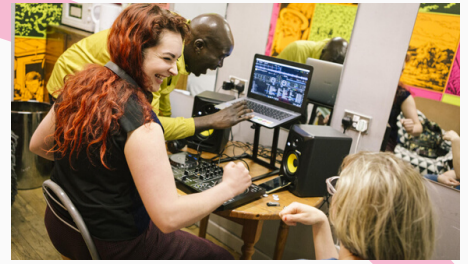
Times: Anytime during the day

Platform: Content can be shared online or circulated amongst the team internally

Format: 4 x 5-minute podcasts

Requirements: Any device that can access online audio/video files.

Participants: 4 participants interviewed, with no limit on the numbers the podcasts is broadcast to



CLICK TO DISCOVER MORE:



COSTS

£1000 for each series of 4 podcasts

ABOUT

Bounce Culture is a team of creative industry facilitators passionate about empowering people to connect with their "Inner Rhythm," which they define as activities that encourage happiness daily, increasing productivity.

From 1999, they have celebrated music, people, diversity and creativity with over 13,000 participants through their workshops, courses and projects as well as staging, hosting and performing at over 600 events to nearly 75,000 attendees across UK, Ireland, Europe and recently West Africa.

Their gatherings have occurred in theatres, cafes, bars, barns, mansions, rooftops, courtyards, cellars, beaches, mountainsides and islands!

Their programme beneficiaries have included Citi Group, Prince's Trust, National Citizens Service, (NCS,) Mencap, MTV and Radio 1. They have featured on BBC's Across The Line, Radio 1's B Traits and Greg James show, Channel 4's Ideas Factory as well as the Guardian and Observer Music Guides.

BOOKING DETAILS

**CONTACT KWAME DANIELS
KWAME@BOUNCECULTURE.CO.UK**

HOW TO SURVIVE THE...

CINEPUNKED

THE PRODUCT

Participants will battle it out over four weeks to prove they have what it takes to pick a survival team.

Using clips from genre films including zombie, alien invasion, nuclear holocaust films, groups will engage in discussion - guided by facilitators - on the films, and try to select a winning fantasy survival squad.

Options include:

How To Survive The...

- Zombie Apocalypse
- Alien Invasion
- Nuclear Holocaust

CINEPUNKED ALSO HOST
EVENTS AND A PODCAST
FOR CINEPHILES.
LISTEN TO THEIR
PODCAST ARCHIVE [HERE](#)

HOW WILL IT HELP YOUR STAFF?

This project fosters team engagement while working remotely.

The key aim is to engage participants with their own preconceived notions of character types, nurture critical analysis skills via discussion and debate, and to expose the implicit bias that we all bring to our viewing of mainstream cinema.

THE FINER DETAILS

Times: Anytime during the day

Platform: Zoom

Format: The 4-week programme will consist of weekly one-hour live sessions

Requirements: Any device with access to Zoom

Participants: 12-20 participants



CLICK TO DISCOVER MORE:



COSTS

£600 for the 4-week programme

ABOUT

CinePunked's mission is to stimulate debate, learning and engagement with the art, politics and ideology of film and cinema. We bring interactive conversation about film to live audiences in an effort to open up difficult films and subjects to wider audiences, and to share our love of the medium.

The team is comprised of film historian Robert JE Simpson, writer, critic, and former archivist for Hammer Films; Dr Rachael Kelly, an author and film theorist with a specialism in the Hollywood historical epic; and Ben Simpson, musician, teacher, and audio producer.

BOOKING DETAILS

CONTACT RACHAEL KELLY OR ROBERT SIMPSON
HI@CINEPUNKED.COM

HEADFIRST CIRCUS

IN YOUR SPACE CIRCUS

THE PRODUCT

In Your Space Circus use the medium of circus for delivering good mental health activities and messages to the hard-working, home-staying staff of the NI business community.

They invite staff to take part in 20-minute sessions which will encourage them to take a break from their screens, engage their minds and bodies; and take notice of what they are going through, physically and emotionally during this global crisis.

IN YOUR SPACE CIRCUS
HOSTS A YEARLY
CARNIVAL OF COLOURS
FESTIVAL, SHOWCASING
LOCAL AND
INTERNATIONAL CIRCUS,
THEATRE, ARTS AND
MUSIC TALENT. CHECK
OUT THE 2019 FESTIVAL
VIDEO [HERE](#)

HOW WILL IT HELP YOUR STAFF?

- Time for staff to consider their mental health and general wellbeing during the working day
- Physical activity to break up the day and re-focus their minds
- Actively finding positivity during a really difficult time
- Increased sense of community amongst staff
- Feeling supported by their business investing in them during this time
- A bit of craic during the working day!

THE FINER DETAILS

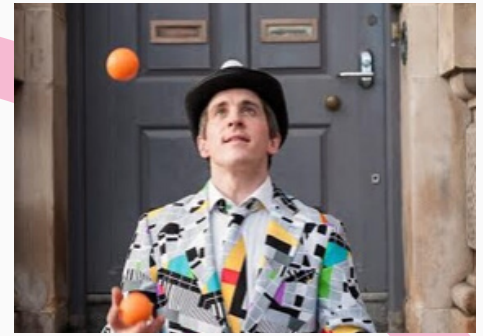
Times: Recommended at morning or afternoon breaks, but suitable for anytime during the working day

Platform: Vimeo

Format: The 20-minute videos will be pre-recorded and sent to businesses weekly on an agreed day.

Requirements: Any device that plays video

Participants: No limit



CLICK TO DISCOVER MORE:



COSTS

The first week is available at no cost. Please contact Headfirst Circus directly to access.

The following 4 weeks are costed at £125 per week (£500 total).

If after the initial 5 weeks you would like to continue with a further 5-week programme specific to your business needs, the cost to develop and deliver a bespoke 5-week programme is £900.

ABOUT

In Your Space Circus, based in Derry-Londonderry, is a creative circus and street theatre company. We run a circus school for children, young people and adults, from the age of 4 upwards; we deliver creative outdoor events and spectacle across Northern Ireland; and we produce our own Circus Arts and Music Festival – Carnival of Colours.

The Company was formed in 1999, but it has grown since 2014 to become one of Northern Ireland's most important arts and culture brokers, bringing art forms together to create inspiring and innovating products to the people of Northern Ireland to enjoy!

BOOKING DETAILS

CONTACT CATH MCBRIDE
INFO@INYOURSPACENI.ORG | 07540 232 756

VIRTUAL STAFF CHOIR PROGRAMME



KEITH ACHESON

THE PRODUCT

During this period of isolation and working from home, what could be a better vehicle to help your staff reconnect, in a relaxed and entertaining way, than with their very own virtual staff choir.

Through the use of a video conferencing platform, your team will spend approximately one hour singing warm up exercises, leading to a performance of a well known song of their choosing.

THE SING FOR LIFE
COMMUNITY CHOIR,
CONDUCTED BY KEITH
ACHESON, WAS
ESTABLISHED FOR
ANYONE AFFECTED BY
CANCER BY CANCER
FOCUS AND THE
CRESCENT ARTS CENTRE.
LISTEN TO THE CHOIR
[HERE](#)

HOW WILL IT HELP YOUR STAFF?

- Staff will feel less isolated and more connected to their colleagues.
- They will enjoy a greater sense of wellbeing through the release of endorphins (a proven positive side affect of singing!)
- They will experience less stress as cortisol begins to lower in the blood stream.
- They will develop their singing and communication skills through vocal exercises and learning new songs.

THE FINER DETAILS

Times: Anytime during the working day

Platform: Zoom

Format: 45- 60 minute live sessions that can be delivered at any frequency ie. weekly/daily/one-off. Businesses can book as many or as few sessions as they like.

Requirements: Any device with access to Zoom

Participants: Up to 20 participants per session

Customisation: Sessions can be tailored to business needs

COSTS

Each session £75.00

This cost includes all prep materials i.e. pdf music sheets and mp3 practice tracks which will be issued prior to each session.

ABOUT

Keith Acheson is a Belfast-based composer, conductor and teacher. After obtaining a BMus (Hons) in 1996 he was awarded a PhD in Composition from the Ulster University in 2002, studying under composer Dr David Morris. He has also studied with the late James Wilson, Martijn Padding, Kalevi Aho and Ake Pamerud at the Ennis IMRO and ISCM World Composers' Summer Schools.

He has had work performed by the Ulster Orchestra, Gemini Ensemble, Arco String Quartet, HuuJ Ensemble, Philippa Davies, Anne-Marie O'Farrell and Brian Keenan.

Most recently he conducted the world premiere of his hour-long work '18' for soprano, women's choir, narrator, string quartet, piano and tape, at the Crumlin Road Gaol. Commissioned by Belfast City Council, it honoured the activism of local suffragettes.

He is currently an arts facilitator for Arts Care and Choir Master for the Sing For Life and Crescendo community choirs as well as the Citi and Belfast Trust staff choirs.

BOOKING DETAILS

CONTACT KEITH ACHESON
ACHESON.KEITH@GMAIL.COM | 07961 038998

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Northern Ireland



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To discuss other ways we can support your business, please contact
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Sarah Mackey s.mackey@artsandbusinessni.org.uk



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