



# Workshop Descriptions:

## Session 1



### A. Enneagrams

The Enneagram is nine-type personality chart. This chart details nine distinct personality types that show where we place our attention and energy. Learning this chart and sharing with others can help us learn how to communicate with others and better understand our wants and needs and our reasons for doing what we do. In this activity and workshop, students and workshop participants will be able to explore and unfold their personality types through an “introactive” poetry expedition. This workshop will involve hands on craft work and creative writing through self-created prompts and questions.

### B. Poetic Portals

Your past is poetic inherently, but how do you navigate it and how do you find your way when you're lost? Your poems hold the key to processing your past. Learn how to trust your process and let go of what you think a poem has to be. Find the power in writing but also in listening to yourself. Through poetry we can unlock the barriers in which we often get stuck when dealing with memories, good or bad. Turn the barriers into doorways you know you can open or close when you need to. Create a poetic portal past the past.

### C. Artist's Survival Guide

We understand to be an artist and live an artist lifestyle is not easy. Wanting to aid and alleviate some of the stress that comes from being an artist or may even interfere with one's own artistry, we'll put together an Artist Survival Guide.

### D. The Role of Joy In Poetry

This has, undoubtedly, been a hard year. Artists frequently are tasked to narrate the emotions of the collective, which can be draining in times like these. What role can joy have in your artwork, and how will this practice sustain you to keep going? In this unique writing workshop, learn to dig deeper, pull out essential details of your happiness, pair them with specific writing techniques, and immediately apply them to your storytelling.

### E. A Yard Sale of the Soul

If you could put a price on your memories, moments, triumphs and failures, your laughter and your tears, how much would you sell them for at a yard sale? This workshop explores personalization of abstract objects, the value of the past, how we perceive the concept of worth, and culminates it in a writing workshop where we host a mental yard sale for whatever audience we choose to imagine and engage with.

### F. Free Game

Do you have poems, music, or artwork that has the potential of going viral, but have no idea how to start? In this workshop, you'll learn all the free and affordable tools and resources for getting your content out on the web. This is free game on branding and creating a digital presence as a creative.

### G. Don't Believe Me, Just Watch

Language is ours to tame. How do we navigate our access to it and address our power? Sometimes we avoid language because of the discomfort it will cause. How do we learn to reclaim what we feel is ours? By having the conversation. By exploring the power our art holds and holding the craft accountable.

### H. From the Page to the Stage . . . Virtual Edition

Featuring various improv exercises such as “Play Back Theater”, performance technique such as “Narrative Performance”, “Virtual Microphone and Filming Technique” and key performance triggers for “writer block”. Whether one is a shy poet or a strong spoken word artist, this workshop's goal is to prepare any poet to blaze the stage, including the virtual stage. Ideal for participants who already have a memorized poem BUT NOT REQUIRED.

### I. Using Person-First Language to Eliminate Mental Health Stigma

"She is so crazy!" "Man, this weather is so bipolar!" Ever heard these statements? To people suffering with mental illness, it can be incredibly hurtful when we don't use terms relating to their illness correctly. In this workshop, we will explore what stigma is, how some words can increase stigma against mental illness, and what we can say instead.

### J. Performative Metaphor in Poetic Performance Composition

When we perform poems written for the page, our bodies are interwoven with our written text creating new meaning for the written textual poem. In that realm, the writing process and the performance process are thought of as separate events. When we compose poetry intending to perform it, the writing process does not stop with the written text - the processes are intertwined. We must understand our bodies as text as we write the performance with our bodies. In this workshop, we will explore how we can accent, extend, compliment, and juxtapose written metaphor by composing performative metaphor - creating poems that work with the poem as part of the compositional process, reaching beyond mere representation of the piece created on the page.

### K. Homecoming

“Home is where the heart is but house is where I'm safe, sometimes home and house are not the same place”. Students will celebrate and discuss the importance of culture and create poetry inspired by the traditions that originated from their culture.

\*\*\* EDUCATORS ONLY TRACK \*\*\*

### Applying Emergent Strategy to Your Club or Class

The concept of “emergent strategy” from adrienne maree brown is a way to respond to our current times that maintains right relationship with ourselves, our communities, and the earth. In this session, we'll focus on sustaining right relationship with the students we serve and the community we intend on building this year. You'll explore tenets of emergent strategy, and will position you to take a least one tenet back to your club or classroom.



# Workshop Descriptions:

## Session 2



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#### When the Community Speaks . . .

A riveting discourse about racial tension, racial inequity, and public identity. Educators will explore how the blupple community is affected and how the intersectionality between being a human, artist, and activist is to be addressed by adults and youth alike.



# Workshop Descriptions:

## Session 3



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#### The Group Piece: From Concept to Completion

An amazing group poem is truly beauty to behold, but getting to the finished piece is not without its challenges. Learn from your peers who year-in and year-out seem to deliver on the elusive group piece, the path to success from devising the concept, to the writing, to the choreography and, of course, the performance.