

# WICKED OFFICIAL WORKSHOPS

## Introduction

Our expert team has developed a programme of engaging sessions that offer outstanding, unique experiences for your employees, workplace colleagues, and clients. We take a holistic approach, working to bring workplaces and teams together.

Official **Wicked** Workshops are provided by exclusive arrangement with Starling Arts Community Interest Company and are tailored to meet the needs of your workplace.

- ✓ **The Official Wicked Wellbeing Workshop**, exploring practical and meaningful ways to enhance our physical and mental wellbeing, with tools to help manage stress, focus and anxiety in the workplace.
- ✓ **The Official Wicked Musical Theatre Workshop**, a multi-layered workshop focusing on storytelling for musical theatre, bringing your team together in a uniquely uplifting and fun way.

### About our practitioners

Our workshops are delivered by trained, expert facilitators. Our team is DBS checked, has received safeguarding training, and is experienced in working with people of all ages and in a range of settings.

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## Workshops to suit you

All our workshops have a focus on team building, providing engaging content and interactive tasks. We deliver our workshops in person in pre-approved venues in Central London, or at your workplace. If we are required to travel outside Central London, travel, and accommodation costs (if required) are added to the price. Talk to our workshop coordinator to find a time to suit your group - whether it's before a show in London or during the working day on company premises. Workshops range from 90 minutes to 3 hours in length.

## How to book

**Wicked** Workshops are recommended for groups of 5 - 30 participants. If you have any specific requirements, access needs, or your group size differs, please highlight this when contacting us.

All prices are calculated based on requirements and may vary dependent on the geographic location of the venue.

Workshops are bookable subject to the availability of practitioners.

Email us at [hello@wickeddirect.co.uk](mailto:hello@wickeddirect.co.uk) or call us on **+44 (0)20 7183 5109**

## Do I need to take my group to see Wicked?

Official **Wicked** Workshops are designed to inspire new audiences and complement their theatre visit, although groups do not need to see the musical to benefit.

**Starling Arts** is authorised by WLPL to run Official **Wicked** Workshops.

Please note that materials related to the production, including the script, choreography and artwork, are protected under copyright law and cannot be used by any third party without permission from the copyright owner.

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## The Official Wicked Wellbeing Workshop

90 minute workshop

Our **Wicked** Wellbeing Workshop immerses your team in the fantastical world of **Wicked**, exploring practical and meaningful ways to enhance physical and mental wellbeing.

This engaging and accessible session uses drama, mindfulness, and musical activities to develop practical skills to cope with challenges both in the workplace and beyond. The session also provides a safe space to be creative, expressive and individual.

**Wicked** Wellbeing Workshops offer a positive, interactive and immersive experience to allow the safe exploration of wellbeing. By working with your staff to recognise the importance of their mental health and find strategies to protect it, **Wicked** Wellbeing Workshops support the development of resilient and happy workplaces.

Using interactive exercises to develop wellbeing, sessions are framed by the world of **Wicked**, the musical that tells the untold story of the witches of Oz. The exploration of themes, characters and issues within the musical allows participants to understand their own feelings, relationships and behaviour. The performing arts are the perfect tool to boost wellbeing and access a host of physical, mental health and community benefits. From the reduction of stress and anxiety, to increasing levels of oxytocin and serotonin, and improving the social environment, these workshops offer an increased sense of awareness and understanding. Providing participants with a toolkit to support wellbeing they can use both in and outside of the workplace, **Wicked** Wellbeing Workshops help your team members to fulfil their potential and create a healthier and happier workplace.

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## What happens in the session:

Using examples, music and themes from **Wicked**, the workshop will encourage participants to explore themed breathing and vocal exercises and mood-boosting activities. These aim to leave participants with a sense of greater calmness, more engaged, and more bonded as a group. The session will offer participants a wealth of tools they can use to improve their own wellbeing.

## Outcomes and objectives:

- ✓ To explore your team's physical and mental wellbeing through a variety of activities and exercises related to **Wicked**.
- ✓ To improve awareness of mental health and wellbeing in your workplace.
- ✓ To reduce stress, encourage resilience and boost mood through bespoke physical, breathing and mindfulness exercises.
- ✓ To provide a toolkit of exercises to enhance wellbeing beyond the session.



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### The Official Wicked Musical Theatre Workshop

3 hour workshop

The **Wicked** Musical Theatre Workshop is designed to bring your workplace together in a fun, interactive and refreshing way, create special bonds within teams through learning and performing a song together.

This all-round musical theatre workshop covers acting, singing, and movement exercises, all of which help to boost confidence, build teams, and provide something a bit different in the workplace. Participants experience the enchanting world of **Wicked** through performance skills and techniques used in the staging of the show. The workshop focuses on storytelling and acting through song whilst exploring themes, characters and stories from the musical to allow participants a unique and exciting opportunity to be part of the global musical phenomenon.

These engaging, official **Wicked** Musical Theatre workshops will immerse your group in the magical world of **Wicked**. Interactive sessions will offer participants new performance skills and an array of transferable skills they can take into their work and lives.

Participants will work with highly-skilled facilitators on specially selected excerpts from the show, leaving them with a toolbox of skills and performance techniques alongside a greater understanding of what's involved when performing in a West End Show.

The Official **Wicked** Musical Theatre experience offers an opportunity for participants to create and be a part of something life-changing, with an emphasis on confidence building, developing skills and having fun.

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## What happens in the session:

Led by two practitioners (one pianist/musical director, one director/choreographer), this workshop develops participants' understanding of performing in musical theatre and the combined skills of acting, singing and movement. Following a physical and vocal warm-up, your team will learn a specially selected song from **Wicked**, staging the number together in a sharing at the end of the session.

## Outcomes and objectives:

- ✓ To stage a song from the musical **Wicked** in a fun, supportive and inspiring environment.
- ✓ To build your team to work together and grow in confidence.
- ✓ To develop skills unique to musical theatre that can be transferred to the workplace.



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