

Empowered Connections: Consent through dance

By Leading Authentically

Gendered and sexual violence is systemic in our schools, workplaces and communities. While many organizations provide vital violence prevention and educational programming to address this systemic harm, there remains a gap in significantly mitigating rates of gender-based violence. Leading Authentically’s Empowered Connections workshops provide a unique and alternative approach to gender-based violence prevention through embodied consent education.

Leading Authentically is an education-based organization which specializes in arts-based approaches to consent education. We believe in embodied approaches to harm mitigation, as gender-based violence is most often an embodied form of harm. We are dedicated to facilitating safer spaces and brave conversations for participants to learn practical skills.

“Empowered Connections: Consent through dance” is a workshop series committed to addressing gender-based violence in our communities. Using dance as a methodology and practices of embodiment, this consent-based dance workshop series equips participants with skills in enhanced consent, healthy communication and maintaining and respecting boundaries. We employ a combination of introductory dance exercises, as well as interactive conversation and community facilitation. Individual workshops can be tailored to a variety of audiences and to accommodate different learning styles.

We are committed to ensuring that everyone feels welcome and comfortable when they are participating in a workshop. We espouse values of experimentation, play and pleasure, curating a safer space for participants to explore what consent looks like in practice, in the context of dancing with a partner. Participants learn valuable skills which are transferable to other life situations, including practicing sexual consent.

Past participants have reported increased skills in maintaining their boundaries, respecting others’ boundaries, communicating with their partner and providing effective feedback. Leading Authentically is committed to building supportive, safer, and connected communities, through consent-based dance workshops.

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Target Audience	Duration	Format	Workshop Goal
Stakeholders who are open to learning and express interest in building safer spaces in their communities <i>Each workshop is targeted to each specific audience</i>	2 hours	In person	Equip participants with skills in healthy communication, effective feedback and maintaining & respecting boundaries, which in turn directly impacts the mitigation of gender-based violence

*accessibility note: this is a higher energy, dance-based workshop, happy to make accommodations as possible