

Workshops and talks for health and care



Vamos Theatre, specialists in non-verbal communication, has been working with health care professionals for over a decade, offering workshops, performances and talks that engage, educate and inspire.

Listening with your Eyes

This is a hands-on workshop that helps build skills of empathy, insight, listening and trust in the arena of health and care. Suitable for all experiences, the workshop explores the powerful effect of non-verbal techniques, and their benefit in helping us make real and honest connections – particularly with those living with dementia.

Led in a supportive and playful way, this workshop aims for participants to learn through their own discovery, to feel for themselves and so to empathise with others more easily. It's suitable for a wide range of professions who work with the public.

More at www.vamostheatre.co.uk/listening-with-your-eyes

“Left me feeling energised and reflective about my practice.

Truly inspiring!” Age UK



Keynote Speeches

Rachael Savage, Vamos Theatre's Artistic Director, is one of the UK's leading experts in non-verbal communication and performance.

Her keynote speeches focus on the company's engaging, funny and poignant shows that encourage debate, empathy and learning around potentially difficult subject matters; such as dementia, post-traumatic stress, end of life and attention deficit hyperactivity (ADHD). Rachael also discusses the company's popular interactive shows created specifically for care homes. In an engaging and entertaining talk, she gives an insight into the positive impact the arts can have on people receiving care, their carers and their families, as well as the wider impact arts-led practice has in building empathetic and caring communities.

For more on these and other health and care training opportunities, visit: www.vamostheatre.co.uk/arts-in-arts-in-health



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For more info visit: www.vamostheatre.co.uk