

# What do they say?



Engaging with the charity through my role as a research intern has felt really transformational. Working amongst a community of like minded women dance artists towards creating a better sector for women and girls has been incredibly fulfilling. I am more confident in articulating myself, I have developed a range of professional and personal skills, and I have been reminded that advocacy and change is possible in the everyday. Thank you for such a brilliant opportunity.

**Research Intern Associate, April 2023**

This is such an important workshop, that everyone needs. This is something that normally is not talked about, really refreshing! Thank you very much

**Workshop participant, September 2023**

The best part of my mentorship has been spending time with someone I find inspiring and being able to talk through a variety of topics with someone who completely understands what I'm trying to express.

**Mentoring Programme participant, November 2023**

It was very engaging and had a very good range of activities. I enjoyed participating a lot and I can be a lot more confident now!

**Workshop participant, October 2023**

The training was brilliant and I've already recommended it to several people! The trainer was very knowledgeable [...] The training has left me feeling significantly more informed and confident - thank you!

**Safeguarding in Dance Training participant, September 2023**

It was very informative and enjoyable... and extremely thought provoking! It felt like a safe, welcoming environment too, thank you!

**Safeguarding in Dance Training participant, September 2023**

Thank you so much to the whole team for the workshops delivered, the students loved them and found them so valuable.

**School Teacher, September 2023**

I appreciate being able to work through transitional moments with someone who understands the ins and outs and can offer experienced guidance. I've leant to take the jump into a new challenge, if it feels right, timing doesn't matter.

**Mentoring Programme participant, November 2023**

