

# IMAGINE

## CULTURAL COMPETENCY TRAINING

**We leverage the tools of storytelling and theatre to cultivate advocacy and allyship in diverse adult community settings.** Through theatre exercises and professional interactive performances, we invite participants to imagine new and greater possibilities for embodying “beloved community”.

Among the most pressing issues facing organizations today—corporate, nonprofit, educational, and faith-based entities—is the challenge of building equitable and responsive environments that can succeed in a multicultural society. Diverse institutions urgently need to grow beyond these challenging dynamics in order to thrive and create spaces of mutual belonging for all people.

Through storytelling and performances based on real-life experiences, the **Embodied Cultural Competency Training** moves participants through a multi-stage process to:

- Create safe and brave spaces to engage this complex topic
- Illuminate the realities and complexities of bias and cultural misunderstandings
- Cultivate empathy and connection
- Offer tangible tools for effective communication and conflict transformation.

### Training Elements

#### Theatre games and storytelling

To build community and connection—both essential ingredients for opening up the heart, inviting trust, and tilling the ground for this challenging dialogue.

#### Her Story

*Her Story* is a filmed Interview Theatre performance featuring the exact words and true stories of BIPOC women who have experienced bias in the workplace and beyond.

#### Brea's Story Forum Theatre performance

*Brea's Story* is a play based on the true stories of 10 BIPOC individuals. Forum Theatre is a unique interactive style of performance that invites audiences into the action of the play itself. During the first thirty minutes, audiences follow the story of Brea, an African American woman who experiences systemic barriers and interpersonal challenges with her colleagues; ultimately inhibiting her ability to thrive in her workplace. Following the play, audiences are invited to return to specific scenes to discuss and role-play different actions that might have prevented the downward spiral in *Brea's Story*. The audience is brought into a carefully-curated journey designed to equip them to be advocates and accomplices to build equitable community in the workplace and beyond.



**Catherine Hanna Schrock** is an Applied Theater Practitioner. She designs and facilitates performance-based programming for social development in professional, educational, and community settings.

Catherine is the Co-founder and Director of Imagine, a theatre-based training company supporting communities to imagine new ways of being through performance. Since 2017, her Forum Theatre projects have reached over 25,000 people in San Diego County where she is applauded as a “spectacular facilitator who handles audiences with sensitivity and respect, and engages the audience from the moment they enter the theater” (Times of San Diego, 2020). Additionally, she has worked with numerous local and international organizations and designed creative curriculum for multiple organizations nationwide.

Catherine holds an MA in Educational Theater from New York University and a BA in Sociology and International Development.

Creating new possibilities for being together.

[imaginebravespaces.com](http://imaginebravespaces.com)



## PROGRAM OFFERINGS

### OPTION 1

#### Full Training - Live 1.5 days

1-1.5 hour context setting/prep for key leaders prior to the program.

1.5 day live training including:

- Theatre and storytelling activities
- Brea's Story with live actors
- Community conversations
- Her Story - Part 1 & 2

### OPTION 2

#### Full Training - Virtual 1 day

1-1.5 hour context setting/prep for key leaders prior to the program.

1 day virtual training including:

- Theatre and storytelling activities
- Brea's Story film with actors appearing virtually
- Community conversations
- Her Story Part - 1 & 2

### OPTION 3

#### Brea's Story Interactive Theatre only - Live 5.5 Hour

1-1.5 hour context setting/prep for key leaders prior to the program.

3- 4 hour training including Brea's Story with live actors

### OPTION 4

#### Brea's Story Interactive Theatre only - Virtual 5.5 Hour

1-1.5 hour context setting/prep for key leaders prior to the program.

3- 4 hour training including Brea's Story film and actors appearing virtually for role-play

**Note:** All formats are flexible and can be adapted according to the needs and requirements of the community.

*"Theatre is a form of knowledge; it should and can also be a means of transforming society. Theatre can help us build our future, rather than just waiting for it."*

- Augusto Boal, theatre practitioner and drama theorist

*"This was far from a lecture driven presentation. The dramatic interpretations were realistic, professionally acted, moving, and very relatable."*

- Workshop participant

*"The "Stop" technique allowed us to become part of the process by critically considering every step of the way—what could be done differently—and more importantly, gave us the chance to practice on how they personally can 'stop' this injustice."*

- Workshop participant

*"Every time I experience it, I learn something new about myself."*

- Workshop participant

## CONTACT

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