



Resilience and Wellbeing Workshop

Actor and Young Offenders star Shane Casey will deliver a theatre workshop exploring themes of resilience, making the right choices and caring for your own wellbeing. This interactive workshop will be aimed at First, Second and Transition Year students in Post Primary Schools. The workshop will use elements of performance, role play and theatre games to encourage active participation from a class group. Graffiti Theatre Company's Outreach facilitators will co-deliver this workshop to open up important conversations on making the right choices and exploring ways of communicating clearly. Our workshops are designed to be both fun and deeply engaging for all participants. Workshops are for one class group. They can be delivered in schools or in Graffiti Theatre Company's base in Blackpool, Cork.



The kids absolutely loved the workshop today. Fair play, it's not often that the overwhelming majority are that taken with something that takes place in school! *Post Primary School teacher*



For booking contact Graffiti Theatre Company at 021 4397111 or email bookings@graffiti.ie Cost €230 for one workshop or €390 for two workshops. *Travel outside Cork City will incur extra travel costs.