

Training for science performers & communicators in physical performance techniques, relaxation and presentation.

TO FIND OUT MORE:

FLUXDANCE@LIVE.CO.UK
FLUXDANCETHEATRE.COM













# Movement training for science communicators:

"It gave me tools to put into practice to help with how I carry myself on stage/in front of a lecture theatre."

> Microsoft Research PhD Candidate, Smith Lab Welcome Trust-MRC Cambridge Stem Cell Institute

- Preparing the body for performance
- Channelling nervous energy and relaxation techniques
- Seeing & being seen on stage
- Dealing with distractions.
- Punctuating with gesture

"I really enjoyed the workshop and took a lot home from it. It has already helped me to perform better and I still have things which I know I need to implement."

Comedian & producer of science podcast, Level Up Human Senior studio director for BBC Radio 4.

FLUX:
MOVING SCIENCE
FOR SCICOMM

#Moving Science

@FLUXDANCE
FLUXDANCE@LIVE.CO.UK
FLUXDANCETHEATRE.COM



#### How to Book?

Our training can be offered as a CPD day, or on an individual basis. We have a range of options to suit your needs:

## 1. Flux can visit your workplace or university and offer the training to a group.

This can be a cost effective way of training larger groups of colleagues who all manage individual projects and/or to encourage new researchers to engage with creative science communication. Prices start from £15 pp.

# 2. One to One Intensive training at our studio / your workplace.

If you have a performance or set that you would like to work on a more individual basis. Maybe the set depends on a lot of movement / gesture, or you particularly stuggle with nerves. We can arrange a 1:1 intensive with one of our team at our studios or at your workplace. Prices start from £70 per hour.

### 3. Book onto one of our in-house workshops.

Throughout the year FLUX will host regular training for at our London Studios. You can book on an individual basis one a full day or half day training course. Prices start from £20 pp.

Please contact us for more information.



@FLUXDANCE
FLUXDANCE@LIVE.CO.UK
FLUXDANCETHEATRE.COM

