

# LIFE HACK

Workshop Schedule – 5<sup>th</sup> October 2019

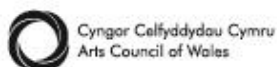
	Main Venue - PINK	Hockney Room - RED	Vintage Room - GREEN	Arts Studio/Gallery - ORANGE	Loft - YELLOW	Radio Room - BLUE	Workshop Room - BROWN	Unit 2 - BLACK	Reception Office - PURPLE
<b>Max Capacity</b>	30	20	15	12	30	10	15	25	3
<b>2pm</b>	<b>Introduction</b>								
<b>2:30-3:30pm</b>	<b>Dance</b>	<b>Entrepreneurs</b>	<b>The Art of Storytelling</b>	<b>Visual Art</b>	<b>Photography</b>	<b>Radio Platform Taster</b>	<b>Filmmaking</b>	<b>SFX &amp; Make-up</b>	<b>Video editing</b>
	Afon Dance	Glenda Jones	Ndidi Spencer	Anne Culverhouse-Evans	Lloyd Williams	Ezra O'Connor	Film Focus Wales	Coleg-y-Cymoedd	Like an Egg
<b>3:45pm-4:45pm</b>	<b>Performance</b>	<b>Branding</b>	<b>Starting Projects</b>	<b>Song writing</b>	<b>Photography</b>	<b>Developing ideas for Radio</b>	<b>Animation</b>	<b>SFX &amp; Make-up</b>	<b>Video editing</b>
	Jonny Cotsen	Webber Design	Jannat Ahmed	Matthew Frederick	Megan Ballin	Eleri Llian-Rees	Clothcat	Coleg-y-Cymoedd	Like an Egg
<b>5-6pm</b>	<b>Speed Networking</b>								
	All artists, Safyan Iqbal and Thud Media								
<b>6:15-7:15pm</b>		<b>Writing for Comics</b>	<b>TV and Presenting</b>		<b>Singing</b>	<b>Radio Platform Taster</b>	<b>Behind the Stage Door</b>	<b>Costume/Set Design</b>	<b>Video editing</b>
		Edward Lee	Chris Jones		Jenkins Music	Ezra O'Connor	Stephanie Humphries & Ally Gibson	Cory Shipp	Like an Egg
<b>7:15pm</b>	<b>Food</b>								
<b>8pm-10pm</b>	<b>Silent Disco</b>								

Be sure to arrive at 1:30 to sign up to the workshops you want to attend

Valleys Kids a Chanolfan Mileniwm Cymru yn Gryfach Ynghyd wrth weithio tuag at ddyfodol creadigol.  
Valleys Kids and Wales Millennium Centre working Together Stronger for a creative future



**CANOLFAN MILENIWM CYMRU**  
**WALES MILLENNIUM CENTRE**



2:30-3:30pm

### Dance

Afon Dance will lead a fun and engaging dance workshop which will include a short energetic physical warm up followed by a phrase of movement that will be taught to the participants which will lead on to a creative task to give the group an opportunity to create their own movement. No previous dance experience is necessary, participants just need lots of energy and enthusiasm!



### Entrepreneurship

This will be an interactive workshop exploring entrepreneurship within the creative industries. We'll be asking 'What is entrepreneurship?' 'How does it fit into the creative arts?' 'What are the challenges that you have to face?' During the session Glenda will also share her own creative journey experiences which have taken her from her home village in West Wales to Cwmderi, Kathmandu and beyond.



### The Art of Storytelling

Improve your communication and self-expression through this fast-paced, fun, interactive workshop. Pick up skills and techniques that will build your confidence, support in helping to discover your voice, and improve how you communicate with yourself and others.

We create, discover and share new enticing stories daily, as others listen on with intrigue. We all love a great story, so why not master the art of storytelling? Learn how you share your thoughts through a range of mediums including thought-provoking lyrics, scripts, and spoken word poetry. There's no end to the possibilities.

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### Visual Art

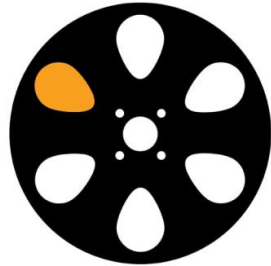
Valleys Kids Artist-in-Residence Anne Culverhouse-Evans will lead a workshop designed to get your creative juices flowing! Design your own canvas bags and take them with you at the end of the session – get thinking about what kind of designs you'd like to use!

**Art in  
the Attic**

**The Robert Maskrey Gallery**

### Video editing

Like an Egg will be running a short edit tutorial on Adobe Premier software. You'll get hands on experience giving you a flavour of the editing process, guided by an experienced editor.



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### Radio Platform Taster

Radio Platform invite you to a bespoke taster workshop introducing you to radio. You will learn about planning shows and interview techniques aimed at boosting confidence and preparing you to join our training program should you wish.



### Filmmaking

Film Focus Wales is a voluntary community film makers group located in Cardiff. We will talk about how people can get on the film making and storytelling ladder without shelling out thousands of pounds for state-of-the-art equipment. We will run through some of the work that we have done using just iPhones, iPads and Apple Mac. If we can do it, then you can do it! We simply don't subscribe to being told by anybody that there is "only one way" or that you have to do it "this way" or "that way" – if you have the passion to tell stories then get on and do it ... 'YOUR WAY'. We encourage participants to bring their own smartphones to use in the workshop.



### SFX & Make-up

Students from Coleg y Cymoedd will be on hand to show you various SFX techniques, including cuts, bruising and burn effects. There will also be an opportunity for people to try out some products themselves and create basic cuts with blood!



## Photography

“What makes a perfect photograph?” Come along and listen in as Lloyd Williams will talk you through the different elements of what makes a perfect photograph. We’ll discuss lighting, composition and subject and you can even have a go yourself!



3:45-4:45pm

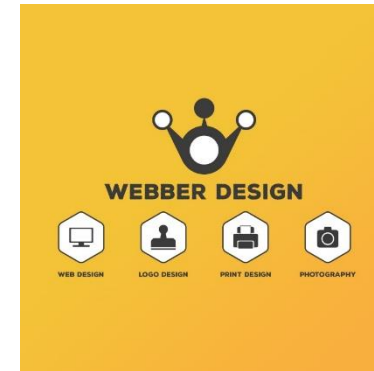
### Performance

Jonny is a facilitator, access consultant and a performer. He has just come off a successful run at Edinburgh Fringe with sold out shows. His solo show 'Louder Is Not Always Clearer' is an honest portrayal of the vulnerability created and performed by a deaf man. In this workshop Jonny will talk about those experiences as a performer and the barriers he faces on a daily basis. There will also be some fun challenges and games that will give you an understanding how performing can be more accessible to those that face barriers.



### Branding

Branding is not just choosing a logo. It encompasses the entire customer experience with your company from your logo, to your print marketing, website, social media and even your tone of voice when speaking to customers. In this session Rhys will explore the fundamentals of branding, giving you a checklist of things to consider to help you build a strong and successful brand.





## Starting Projects

Want to make a difference in the world and pursue your creative dreams? Join Jannat in a workshop on starting projects. You'll have the chance to try out video, sketch comedy, music, creative writing and more.



## Song writing

As both a solo musician and the frontman of Welsh band Climbing Trees, Matthew Frederick has released four albums, two EPs and eight singles to date, as well as founding DIY label Staylitttle Music and playing shows in the UK, Europe and US. In this 'Introduction to Song Writing' session, Matthew will focus on the structure of a song and using simple song writing techniques to create a short a song as a group, and is suitable both for those who've already started writing songs as well as those who are keen to give it a try!



## Photography

Bristol based photographer, Megan Ballin, will be leading a workshop focusing on the theories of composition within photography. Guiding you through the process of turning snap-shots into photographs, you will have the opportunity to get behind the camera and try out some of your new skills.



## Developing ideas for radio

Eleri Llian Rees, Development Researcher for Network Radio at BBC Cymru Wales, will introduce you to a range of techniques she uses when coming up with programme ideas for radio. Everyone will split up into teams and have a chance to come up with their own ideas, and to develop them, to pitch to the rest of the group at the end of the workshop. The workshop will be slightly different to last year so don't worry if you were there last time, or if you're new, and feel free to bring along any ideas you may already have!



### Animation

Get Animated with Cloth Cat Animation - join award winning Cardiff based Cloth Cat Animation to get an insight into some animation fundamentals and have a go yourself with an opportunity to animate one of their most popular current characters.



### SFX & Make-up

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6:15-7:15pm

### TV and Presenting

Chris Jones started his career as a cameraman but has been a well-known presenter and voice in front of the camera and microphones for nearly 30 years. TV, radio, corporate, public speaking and entrepreneurship, working in both Welsh and English in Wales and beyond, Chris is an experienced creative with fingers in many pies!



### Writing for Comics

Perfect for both the curious who've never read a comic in their lives, and the die-hard fans who want to learn the craft, Writing for Comics offers an introductory workshop for both new writers and more experienced writers who want to try something different. Beginning with the raw index of a comic book page and script before moving into playing with format, technique and style, the workshop aims to show how the modern comic book industry offers unique, dynamic and adaptable avenues for new writers. Full of visuals, recommended reading and analyses of writers, get ready to dive on in!



### Singing

Join Jenkins Music for a group singing session exploring the voice and creating beautiful harmonies together. You will learn how to warm up your voice, correct breathing for singing and work together to create two part harmonies to a familiar song. No experience needed



### Radio Platform Taster

Radio Platform invite you to a bespoke taster workshop introducing you to radio. You will learn about planning shows and interview techniques aimed at boosting confidence and preparing you to join our training program should you wish.





### Behind the Stage Door

Ever wondered what goes on behind the scenes in theatres and arts centres? What do people actually do there? Wales Millennium Centre employees Stefanie Humphries and Ally Gibson give you the inside scoop on the work that goes on and demonstrate how you don't need to be an actor or musician to build your career in the arts.



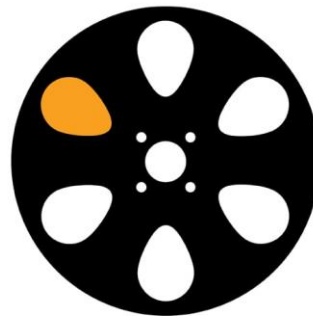
### Costume and Set Design

A brief introduction to Set and Costume design, touching on the process of script to stage, developing ideas and a quick intro into designing your own show!



### Video editing

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