



SOLT & UK Theatre Wellbeing Webinar Series

SOLT & UK Theatre are seeking facilitators to create and deliver webinars as part of our upcoming series which aims to support the wellbeing, resilience, and mental health of offstage theatre workers.

Webinars will fall within the below subjects::

1. Supporting your personal and professional wellbeing
2. Supporting the professional wellbeing of others (for managers and leaders)

We aim to broadcast a wide range of accessible, practical webinars that will provide information that will be relevant for the maximum number of theatre workers possible. We expect that facilitators will draw on their existing content and expertise in their proposals.

Key information

The fee available for preparation and delivery of a webinar will be £500, with webinars lasting around 90 minutes.

Webinars will be broadcast live and recorded. Recordings will then be publicly available on www.theatremeansbusiness.info after the live broadcast.

To make both the live broadcast and recording of the webinar accessible to as many people as possible, the delivery format should be more instructional than discussion-based.

SOLT/UK Theatre will provide BSL Interpretation and/or Live Captioning as required. SOLT/UK Theatre will manage bookings, provide tech support, and host the webinars.

We will be programming webinars to take place from late March until May 2021, dates will be negotiated with chosen facilitators.

There will be a tiered pricing structure for attendees, with free places available for unemployed/freelancers. Any net profit will be donated to the [Theatre Artists Fund](#).

EXPRESSION OF INTEREST PROCESS

Please complete this [Survey Monkey](#) form to express your interest in creating and delivering a webinar within the series.

The deadline for proposals is Monday 1 March 2021.

You will be asked to provide the following (maximum 200 words for each):

- A short statement regarding the proposed content of your webinar(s), including which of the two subject areas/target group this proposal fits into,
- A short statement regarding your subject expertise and facilitation experience.
- A short statement regarding your approach to access, diversity and inclusion.
- All applicants may propose more than one webinar idea, but each idea should be inputted on a separate Survey Monkey form.

We will acknowledge receipt to every proposal received.

We will aim to inform all applicants of decisions made approx. two weeks after the deadline.

Please email events@soltukt.co.uk with any queries regarding the series or process.

DETAILS OF WEBINAR CONTENT

Subject 1: Supporting your personal and professional wellbeing

Target audience:

Off-stage theatre workers:

- Across all levels of experience from senior leaders to the general workforce.
- Across all off-stage disciplines, from administration to production to marketing.
- Across all types of working hours and contracts, whether full or part time, zero hours contracts, and freelance/self-employed.
- Regardless of current employment status, including those who are employed – both furloughed and working, those recently made redundant.
- Open to everyone, whether or not current members of UK Theatre/SOLT or another industry body.

Outcomes:

- Attendees will understand a range of practical actions to help reduce professional stress and increase personal wellbeing.
- Attendees will know where to go for further information and guidance.

Topics could include:

- Mindfulness, resilience, communication, action planning, etc.

Subject 2: Supporting the professional wellbeing of others (for managers and leaders)

Target audience:

Managers and leaders currently working in the theatre industry.

- Across all off-stage disciplines, from administration to production to marketing.
- Open to everyone, whether or not current members of UK Theatre/SOLT or another industry body.

Outcomes:

- Attendees will understand a range of practical actions to help reduce stress and improve the professional wellbeing of the people they manage and lead.
- Attendees will know where to go for further information and guidance.

Topics could include:

- Your responsibilities as an employer, developing wellbeing policies during a crisis, managing difficult conversations, communication skills & active listening, leading high performing teams through a crisis etc.

DETAILS OF PROPOSED FORMAT

A series of information and guidance-based webinars, each lasting up to 90 minutes:

- Run using the Zoom webinar format – only speakers and BSL interpreter on video.
- Attendee interaction facilitated via the Q&A and poll functions on Zoom.
- An external expert facilitator will shape and deliver the content, ideally building on existing portfolio/course content.
- A SOLTUKT representative will introduce and close the session.
- A SOLTUKT representative will be on hand to support tech administration.

We expect the facilitator to incorporate the following within their delivery:

- Give a brief overview of the latest best practice related to the session theme.
- Share practical and specific hints and tips that are low cost, and relatively simple for individuals to apply to their own circumstances.
- Guide attendees through at least one practical exercise to support learning.
- Provide motivation and stimulating ideas to encourage theatre workers to take positive steps to improve the mental health of themselves and their teams.
- Allow time for Q&A related to the session theme and within their expertise.
- Provide links to additional resources and guidance.

The facilitator may choose to bring in additional speakers and create a more ‘panel discussion’ format, if appropriate and within their allocated fee.

POST-WEBINAR SUPPORT

Following each webinar, attendees will be emailed:

- A captioned recording of the webinar for reference.
- Links to additional SOLT/UK Theatre resources including the [Theatre Helpline](#), [Theatre Artists Fund](#), [theatresupport.info](#), and our [online wellbeing resource](#).
- Contact details of the facilitator, along with details of their services.

Recordings will then be publicly hosted on the UK Theatre YouTube channel, along with links to further resources and details of the facilitator’s services. Viewers will be invited, if able, to make a donation to the [Theatre Artists Fund](#) as a thank you for the content.

COMMITMENT TO ACCESS & INCLUSION

We are committed to embedding inclusion within our work and will use the Social Model of Disability to inform our access provision.

We will do this by:

- Being precise and clear in our communications about format and delivery, asking for access requirements at point of booking, and contacting requestees as required.
- Dedicating a budget line to access and committing to fulfil access requests to the best of our ability, providing requests are made withing 5 working days of the event.
- Ensuring all facilitators and speakers are informed about our access and inclusion commitments, and expected to treat access, inclusion, and diversity as a ‘golden thread’ throughout their delivery.
- Proactively seeking a diverse range of facilitators and speakers representing a range of demographics to deliver and contribute to content development and delivery.