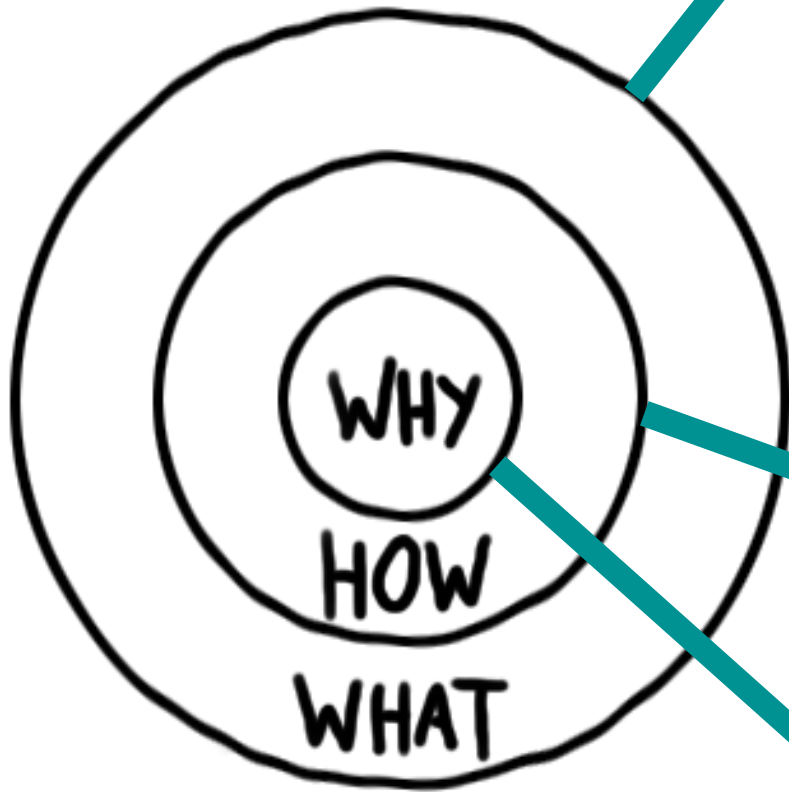




MARK OF INCLUSION



**Inclusive Approach Training for
Individuals and Organisations**



Epic DNA is a training package that explores how individuals and organisations can develop a more inclusive approach to the work they do and the people that they connect with. Delivered by inclusive arts specialists, **Epic DNA** training gets to the heart of inclusion by discussing an overall approach towards people and possibilities by unpacking 12 guiding principles for inclusion that ensure every person counts:

- **Attitudes** – Appreciation, Determination, Positivity, Uniqueness
- **Actions** – Patience, Integrity, Equality, Creativity
- **Personal Skills** – Communication, Togetherness, Quality, Adaptability

There are 3 practical creative-based training options available:

- **Epic DNA Option 1** – A 1-day course providing a basic introduction to the 12 'every person counts' guiding principles for inclusion.
- **Epic DNA Option 2** – A 2-day course providing a detailed exploration of the 12 'every person counts' guiding principles for inclusion.
- **Epic DNA Option 3** – A 3-day course providing an in-depth exploration of the 12 'every person counts' guiding principles for inclusion and assistance with the development of an organizational or personal inclusion manifesto or statement. The Epic DNA 'Mark of Inclusion' is awarded to all participants on completion of the course for use on official documents and digital media.

Practical creative-based activities combined with discussions and presentations to create an interactive journey of discovery. Training that aims to cultivate an 'every person counts' perspective in individuals and organisations so an inclusive approach can become part of their fundamental and distinctive characteristics and qualities.

To build a society where every person counts, a place where inclusion is more than a tick box and a list of 'do's' and 'don'ts', a place where every person is seen as a creative genius with a unique view of the world and an essential part of our communities, establishments and organisations.



Epic DNA - Inclusive Training from Epic Arts

What is Epic DNA Inclusive Training from Epic Arts?

Inclusive Training from Epic Arts is a professional development opportunity that explores how individuals and organisations can develop a broader inclusive outlook to the work they do and the people that they connect with. Delivered by an inclusive arts specialist, **Inclusive Training from Epic Arts** gets to the heart of inclusion by exploring 12 key principles to get out of the box, through moments, movement and making.

Inclusive Training from Epic Arts asks the question, *'Is there a place where inclusion is more than a tick box and a list of 'do's' and 'don'ts, but a place where an overall inclusive attitude toward people and possibilities exists?'*

How is Epic DNA Inclusive Training from Epic Arts delivered?

Practical creative-based activities combined with discussions and presentations are used to create an interactive journey of discovery. Cultivating an 'every person counts' perspective in individuals and organisations so an inclusive approach can become part of their fundamental and distinctive characteristics and qualities by unpacking 12 guiding principles for an inclusive approach:

- **Attitudes** – Appreciation, Determination, Positivity, Uniqueness
- **Actions** – Patience, Integrity, Equality, Creativity
- **Personal Skills** – Communication, Togetherness, Quality, Adaptability

What is the aim of Epic DNA Inclusive Training from Epic Arts?

The aim of the training is To build a society where every person counts, a place where inclusion is more than a tick box, and a list of 'do's' and 'don'ts, a place where every person is seen as a creative genius with a unique view of the world and an essential part of our communities, establishments and organisations.



Inclusive Training Overview

1 Day Training

(Times used as examples and can be adapted)

Welcome

- 9am-9.15am – Arrival and icebreaker game
- 9.15am – 9.30am – Introduction to trainers and hand out books and info packs

9.30am –10am - Session 1

- 9.30am –10am - **Session 1** - Disability and Inclusion Overview

10am-11.20am - Session 2 - Guiding Principles for Inclusion (Attitudes)

- Appreciation (value each persons individual creativity)
- Determination (Have a 'Can Do' Attitude)
- Possibility (See the ability in others)
- Uniqueness (Understand we are human)

11.30 – 1pm – Session 3 - Guiding Principles for Inclusion (Actions)

- Patience (Give time to activities and people)
- Integrity (Set an example and share)
- Equality (Treat people equally)
- Creativity (Encourage creative interactions)

2pm-3.30pm– Session 4 - Guiding Principles for Inclusion (Personal Skills)

- Communication (Include everyone in communication)
- Togetherness (Be part of a team)
- Quality (Have knowledge and share knowledge)
- Adaptability (Be adaptable in all areas)

3.30pm-4pm – Session 7 – Summary and Questions



Inclusive Training Overview

2 Day Training

(Times used as examples and can be adapted)

Day 1

9am – 10.30am – Welcome and Session 1

- **9am** - Arrive and register at Epic Arts.
- **9.15am** – Welcome game/ice-breaker
- **9.30am** - Introduction to trainers and venue and overview of two day training. Distribution of 'Inclusive Arts in Action' book.

Session 1 – Arts and Disability in Cambodia

- **9.45am** – Introduction to Epic Arts and disability in Cambodia
- **10.05am** - The Power of Arts and Disability – a personal story
- **10.15am** - 'Shake it Off Film' and the story behind it

10.30am-10.45am – Break

10.45am – 12pm – Session 2

Session 2 – What is inclusion?

- **10.45am** -An introduction to inclusion
- **11.00am** - Box of Crayons activity
- **11.20am** – The Epic Arts Manifesto – What do you think it means?
- **11.50am** - Questions

1.30pm-3pm – Session 3

Session 3 – Working with Persons with Disability

- **1.30pm** - What attitudes have you experienced in Cambodia
- **1.50pm** - Different Models of Disability activity
- **2.10pm** - Considerations for specific disabilities
- **2.40pm** – Up Town Funk and questions

3.00pm – 3.15pm – Break

3.15pm – 5pm - Session 4

Session 4 - Guiding Principles for Inclusion (Attitudes)

- Appreciation (value each persons individual creativity)
- Determination (Have a 'Can Do' Attitude)
- Possibility (See the ability in others)
- Uniqueness (Understand we are human)



Inclusive Training Overview

2 Day Training

Day 2

8am – 10.00am – Session 5

Session 5 - Guiding Principles for Inclusion (Actions)

- Patience (Give time to activities and people)
- Integrity (Set an example and share)
- Equality (Treat people equally)
- Creativity (Encourage creative interactions)

10.00am-10.30am – Break

10.30am – 12pm – Session 6

Session 6 - Guiding Principles for Inclusion (Personal Skills)

- Communication (Include everyone in communication)
- Togetherness (Be part of a team)
- Quality (Have knowledge and share knowledge)
- Adaptability (Be adaptable in all areas)

1.30pm-3pm – Session 7 – Questions and Summary

- Final group activity
- Summary of learning
- Questions
- Group Evaluation
- Group Photo