

# THRIVE APPLICATION PACK

## Background

Thrive 2024 is a professional development programme from Trinity Laban Conservatoire of Music and Dance, targeting **early career independent dance and music professionals**. The programme provides an opportunity to build a new network of artists, acquire new skills to support yourself as an artist and develop an entrepreneurial mindset through workshops, talks, mentoring and training.

Trinity Laban Conservatoire of Music and Dance is the UK's only conservatoire of music and contemporary dance. Providing specialist education of the highest international quality, Trinity Laban reflects the increasingly collaborative world of artistic practice. Our creative community of performers, composers, choreographers, teachers, dance scientists and researchers builds on the Conservatoire's unique heritage whilst embracing the new, the experimental and the unexpected.

Over 1000 undergraduate and postgraduate students train at sites in South East London across our dance, music and musical theatre faculties. Trinity Laban also has an extensive Public Engagement programme, delivering programmes for communities of all ages and targeted artist development programmes.

## **The Offer**

**Four intensive weekends** at the Trinity Laban sites in Greenwich and Deptford, including specialised workshops focusing on technique and skill enhancement within respective art forms, and sessions which include:

- Supporting yourself sustainably as an artist
- Managing a diverse career portfolio
- Enhancing social media and marketing skills
- Navigating arts funding
- Mastering financial management including tax and contracts

**Networking events** with guest speakers and facilitators that will offer an opportunity for creative exchange, skills sharing and personal and professional development.

**Mentoring and Action Learning Sets**, with each artist receiving 3 hours of mentoring (online or in person) from a professional, which will be spread throughout the programme and will offer personalised support and an opportunity to benefit from another's experience working with a portfolio career.

All artists will have the opportunity to undertake Action Learning training. Action Learning is peer problem solving in a set. The training will enable artists to form action learning sets during the programme and beyond, providing a legacy for the network.

**Access to Studio Space** for research and rehearsals during the summer with potential opportunities to share created work with the rest of the cohort.

The programme is **free of charge**.

Each participating artist will receive a £500 payment to cover expenses and as a contribution for your time. You will need to be registered as self-employed with a UTR number to access this payment and we can offer support with the HMRC process if needed. We ask that artists are available for the full programme to ensure maximum impact.

### **When is it?**

Networking event 1, April (date tbc)

Intensive weekends:

April 27th-28th

May 25th-26th

June 22nd-23rd

July 20th-21st

July - mentoring / action learning training

August - Networking event 2 (date tbc)

Rehearsal/R&D space for artists

### **Who is it for?**

We would like to support music and dance artists that:

- Are over the age of 18 and not in formal education or training
- Are either in the early stages of their careers (first 3 years) or aspiring to pursue a new direction in their professional journey. We understand that

everybody's journey in music and dance making is different, so we don't want to define a specific moment in someone's career. We ask that you consider the full offer to identify if it would be a good fit for you.

- Have a current dance or music professional practice rooted in any form including musical theatre
- Are residents of London - We particularly welcome applications from individuals living in Lewisham, Greenwich, Southwark, and Lambeth boroughs, although residency in these areas is not a mandatory requirement for application.
- Represent the diverse demographics of London in relation to ethnicity, gender, disability and sexuality

Unfortunately, we won't be able to support:

- Individuals who are currently in formal education or training
- Those who reside outside of London

If you're uncertain about whether this programme is a good fit for you and would like to have a conversation, we invite you to attend one of our information sessions. There, you can engage with a team member, addressing any questions you may have (see details at end of pack).

## **Application process**

To apply, [please click here](#) to fill out an application form.

Within the application form, we ask:

1. What are your short-term and long-term artistic goals?
2. How do you hope the Thrive programme will help you achieve these goals?
3. Are there specific skills or areas of expertise you're hoping to develop during the Thrive programme?

You have the option to submit your answers to the above questions in any of the following formats:

- Written statements each with a word count of up to 250 words
- Recordings, in audio or video format, each lasting between 2 to 3 minutes - email this to [k.sulston@trinitylaban.ac.uk](mailto:k.sulston@trinitylaban.ac.uk) please use THRIVE AUDIO/VIDEO APPLICATION in the subject line

**Applications open on 4th March and you have until 29th March at 12noon to apply.**

## **Selection Process**

Successful applications will articulate a clear development need and emphasise how the programme can benefit them as individual artists.

We are committed to foregrounding artists who mirror the diverse demographics of London in relation to ethnicity, gender, disability and sexuality. Therefore, we include questions related to these aspects on the application form. Your responses to these questions are optional, and you are not obligated to answer if you choose not to.

The timeline for this initiative is as follows:

Open call launches 4th March

Information sessions 14th March 10-11am and 18th March 6-7pm (on zoom)

Application deadline 29th March at 12noon

Responses sent to all by 5th April

We anticipate that we will receive more applications than the number of available places. We will communicate with everyone that applies however regrettably, we won't be able to provide feedback in this regard.

## **Access Requirements**

We are dedicated to fostering openness and inclusivity, and we aim to ensure that everyone can easily access this opportunity. However, we acknowledge that certain individuals might face challenges in doing so.

If this aligns with your situation, please reach out to us through phone, text, or email. Let us know the extra

support you need to facilitate your application. It's important to note that while we're impartial in the process, we cannot provide guidance on the content of your response.

An audio version of the pack is available, which you can find on the Thrive web page.

## **Frequently Asked Questions**

Do I have to attend every session?

We ask that if you are selected for the programme that you attend all sessions to enable you to gain the maximum benefit and also to facilitate the development of a strong, sustainable network.

Will I have to contribute to evaluation?

We request that every artist involved contributes to the evaluation process, which is expected to gather data at the programme's onset, midpoint, and conclusion. This won't require additional time beyond the programme's existing commitments.

Do I need to pay to be a part of the programme?

The programme is fully funded so there is no fee for participating.

How many people will be on the programme?

We will select up to 40 artists with an ambition for an even spread across music and dance.

How does Trinity Laban define early career artist in this context?

Are either in the early stages of their careers (first 3 years) or aspiring to pursue a new direction in their professional journey. We understand that everybody's journey in music and dance making is different, so we don't want to define a specific moment in someone's career.

Do I need to be working in a specific genre of dance or music?

We are interested in artists working in any genre of dance and music including classical and contemporary, non western styles, musical theatre, commercial dance etc.

## **Contact**

Kirsty Sulston, Thrive Project Manager

Email: [k.sulston@trinitylaban.ac.uk](mailto:k.sulston@trinitylaban.ac.uk)

Phone or Text: +447779589390

We will be hosting optional information sessions on the following dates and times if you would like to talk to us more about this programme:

Thursday 14th March at 10-11am on zoom

Monday 18th March at 6-7pm on zoom

Kindly respond to Kirsty Sulston, Thrive Project Manager, [k.sulston@trinitylaban.ac.uk](mailto:k.sulston@trinitylaban.ac.uk), indicating the day you prefer to attend. Detailed joining instructions will be emailed the day prior to the event.