

Propel-her Dance Collective/GSP 08-09

Group Solo Project Proposal

The Group Solo Project (GSP) is a FREE arts-education outreach workshop offering young women a creative and resourceful model for reaching their goals: **collaborate rather than compete.**

GSP will launch in January 2009 and affect 60+ adolescent girls who do not have routine access to the arts. Propel-her will reach these young women through the New York City community centers they attend. For this pilot effort of GSP Propel-her has reached out to community centers including Harlem Children Zone's The Renaissance University for Community Education (TRUCE), The Door, University Settlement and The Hudson Guild. The workshop will enable participants to connect with dance as an art form and as a tool for self-expression, creative decision-making, and peer communication. This experience in collaborating and practicing peer support will strengthen participants' confidence and means for achieving personal goals. Propel-her's mission in facilitating GSP is to expose New York's community of young women to a personal navigation system that runs on peer support.

The Group Solo Project has three components that will be implemented by four of Propel-her's founding members. The first and second components are preparatory and do not involve community centers while the third is the actualization of the workshop.

- 1. Solo Creation (Sept-Oct 08):** Over eight weeks each workshop facilitator will develop solo dance material investigating and articulating a women's issue. Subsidized rehearsal space for this choreographic process has been obtained through a FAR Space grant from The Field.
- 2. Group Dance (Nov-Dec 08):** Utilizing these solos as the movement language for dialogue and interaction, Propel-her will put together a collaborative group dance approximately 10 minutes in length. The group will also use collaborative rehearsal time to develop a specific teaching approach and lecture/demonstration lesson plans for the Group Solo workshops.
- 3. Performance & Workshop (Jan-Feb 09):** A FREE performance and creative workshop featuring Propel-her's new collaborative group dance will take place at four NYC community centers. Groups of 7-20 young women will engage in these workshops at each center by creating their own choreography based on Propel-her's collaborative model. By speaking and using physical demonstrations after the performance, Propel-her members will strategically reveal how solo elements were molded to become part of the larger, group dance without sacrificing the integrity of individual member's contributions. Following this lecture/demonstration, participants will engage in a writing exercise geared to identify a matter of great importance that they would like to explore further through movement. All of this should take approximately 45 minutes. During the second half of the workshop, members will lead a physical warm-up to get participants acquainted with exploring their own personal movement potential. Once split into groups, participants will share writing and work together to create short group dances based on their ideas. Each group will be paired with a facilitator. GSP will close with a showing of each group's dance and a feedback session to discuss the experience and what has been learned. *This portion of GSP can be tailored to fit the particular needs of each community center and their groups.*