



Pepa Duarte is a Peruvian theatremaker, drama facilitator and actor based in London. She is a RADA graduate, highly trained in acting, improvisation, movement, and comedy.

As a multi-disciplined artist, she crafts unique and challenging pieces that respond to the evolving demands of social change. Her work has been generously supported by Arts Council England, Counterpoint Arts, CASA festival, Theatre Deli, Camden's People Theatre amongs many others. With acclaimed productions like *'Eating Myself'* (UK TOUR, Brixton House, FAE Lima, Feast Fest Shanghai), *'Migran-te'* (Migration Matters Festival, PLATAFORMA Festival, Feast Fest London) and *'Senorita Rita's Show'* (Camden's People Theatre, The Pleasance, Somerset House).

Pepa's dedication to teaching has been a constant throughout her career, with a speciality in improvisation workshops since 2009. She has since delivered diverse programs in acting, physical theatre, devising, and applied theatre across Lima, Buenos Aires, Berlin, and London. Pepa has worked with people of all ages and backgrounds offering an exciting space to develop creativity and self-confidence. Pepa has collaborated with institutions The Old Vic Theatre, Tender & Education, King's College, Latin American Women's Rights, GRAEAE, Royal Academy of Dramatic Art, Foreign Affairs, Google, amongst others and was the director of the Southwark Playhouse's Youth Company between 2020-2022.



CREATING EATING STORIES

'Eating Stories' is a post-show workshop: Designed to be an inclusive and contemplative space for participants to delve into their relationship with food. This session encourages people to explore their memories, family traditions, and deep perceptions of their bodies within the context of eating and cooking. Building upon the themes of the **'Eating Myself'** show, the workshop aims to foster a deeper understanding of these topics while facilitating meaningful connections and the exchange of diverse experiences.

Participants will be encouraged to examine the underlying dynamics tied to food, the kitchen, and traditional gender roles. Furthermore, the workshop will prompt discussions about the role of food in preserving cultural traditions and strengthening familial bonds. From a creative perspective, participants will develop their imaginative capacities, nurturing self-confidence and enjoying the creative process.

This is a 3-hour workshop. Directed to participants of all ages and levels of experience. Participants will be encouraged to bring to the space a dish of their choice that represents family for them. These expenses should be covered by the organisation.

I'VE BEEN INSPIRED TO RESPECT MY BODY AND RESPECT THE LOVE AND SKILL OF FOOD.

WORKSHOP PARTICIPANT

I'VE BEEN INSPIRED TO CELEBRATE MYSELF AND OTHERS

WORKSHOP PARTICIPANT

THE WORKSHOP MADE ME THINK ABOUT FAMILY, AND CULTURE, AND HOW THEY HAVE MADE ME WHO I AM! PROUD!

WORKSHOP PARTICIPANT

I WANT MORE OF PEPA! EXCELLENT PUT-TOGETHER WORKSHOP

WORKSHOP PARTICIPANT

I FEEL HAPPY AND PART OF A COMMUNITY, ENRICHED, STIMULATED, EDUCATED

WORKSHOP PARTICIPANT

THE WORKSHOP MADE ME FEEL GRATEFUL. MADE ME CURIOUS

WORKSHOP PARTICIPANT





THE THREE CIRCLE METHOD FOR THEATRE IDEAS

The programme consists of three dynamic and tailored mentoring sessions of 40 minutes each. The programme offers a unique journey for artists to delve into the core of their passions, transforming them into compelling and multidimensional concepts for future plays or shows.

Participants will embark on a journey to identify ideas that resonate with them on a personal, social, and political level. Through the innovative three-circle method, artists will not only discover the essence of their ideas but also unravel the complexity that makes them powerful and relevant to an audience. This process will encourage participants to create a solid and captivating foundation for a future production.

Harnessing the power of improvisation skills and various devising exercises, participants will learn to propose bold and imaginative ideas while fostering a collaborative

environment. The program emphasizes active listening, drawing inspiration from others, and integrating playful and truthful approaches to theatre making.

This unique program seamlessly combines training with the art of making theatre, offering participants an opportunity to discover a fresh perspective on their craft. Aspiring theatre makers will find a safe and inspiring space to transform their long-held ideas into the building blocks of a future play or show.

This programme is directed to artists of all backgrounds and experience with a particular interest in theatre making. It consists of 6 to 8 sessions of 3 hours each. And can also be delivered as an introductory workshop of 4 hours.

I LEARNED THAT PLAYING IS A FUNDAMENTAL WAY TO CONNECT WITH ONESELF AND OTHERS.

WORKSHOP PARTICIPANT

THIS SPACE ALLOWED ME TO CONNECT MY PERSONAL IDEAS TO A WIDE WORLD/LANDSCAPE OF CONTEMPORARY THEATRE

WORKSHOP PARTICIPANT

I WANT MORE OF... EVERYTHING! WE NEED ANOTHER WORKSHOP!

WORKSHOP PARTICIPANT

THIS SPACE ALLOWED ME TO FREELY NAVIGATE MY CREATIVITY AND IDEAS

WORKSHOP PARTICIPANT





ONLINE 1-1 MENTORING SCHEME

This mentoring scheme is designed to support and nurture emerging artists according to their personal interests and needs. The program consists of three dynamic and tailored mentoring sessions of 40 minutes each.

AREAS OF MENTORSHIP

Creative Advice: Guidance and support in the area of theatremaking by using Pepa's innovative 3-Method for creative ideas, a proven approach to fleshing out thought-provoking concepts. Offering feedback on their work in progress, already developed work or brainstorming new ideas.

Production Guidance: Tips & tricks around project management, team collaboration, and budgeting. Crafting a project timeline that works for the

artist, offering insights into productive collaboration, and support into the art of effective budgeting.

Networking Wisdom: Pepa will offer guidance tailored to their artistic goals. Together, they'll chart a path that propels the artist's career forward by building meaningful connections in the industry.

Facilitation Skills: The artist could learn how to design impactful workshops, enhance their facilitation abilities, and kickstart their journey as a skilled workshop leader.

THIS SPACE ALLOWED ME TO THINK AND FLESH OUT MY IDEA FOR A NEW SHOW, HOW TO DELIVER IT AND WHAT I NEED FOR IT TO BE GREAT.

WORKSHOP PARTICIPANT

THIS SPACE ALLOWED ME TO EVALUATE MY SKILLS, EXPERIENCE AND ATTRIBUTES. HOW TO PROMOTE MYSELF BUT ALSO HOW TO SLOW DOWN AND REFLECT ON MY PRACTICE.

WORKSHOP PARTICIPANT

THIS SPACE ALLOWED ME TO EXPRESS MY THOUGHTS AND FEELINGS FREELY AND DISCUSS CREATIVE IDEAS WITH SOMEONE MORE EXPERIENCED AND ALSO WITH VALUABLE LIVED EXPERIENCE AS A MIGRANT. IT GAVE ME HAVE AUTONOMY AND CONFIDENCE OVER MY IDEAS.

WORKSHOP PARTICIPANT

DURING THIS TIME I DEVELOPED MY UNDERSTANDING OF RUNNING A WORKSHOP. IT BOOSTED MY CONFIDENCE FOR SURE.

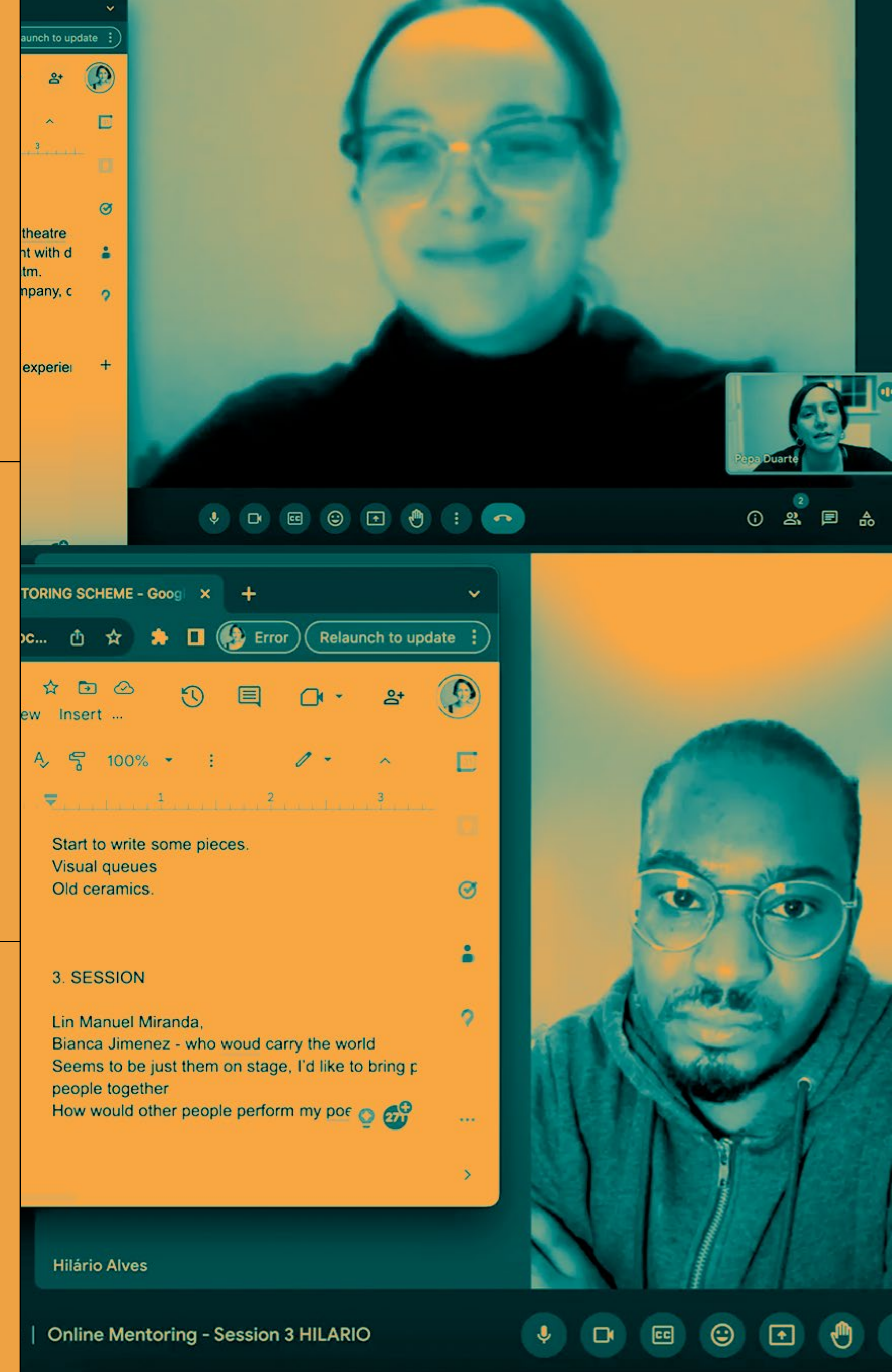
WORKSHOP PARTICIPANT

I WANT MORE SESSIONS WITH PEPA. SHE HAS A LOT MORE OF EXPERIENCE THAT I'D LIKE TO GET PASSED ON TO ME AND I KNOW WOULD BE INVALUABLE

WORKSHOP PARTICIPANT

I WANT MORE OF THIS, IT HAS BEEN SUPER HELPFUL AND A VERY SUPPORTIVE, TENDER SPACE.

WORKSHOP PARTICIPANT



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