

Rebus Theatre & Workplace Training presents:

# Stages of Empathy

A theatre-based training program to make community activities more accessible for people with disabilities across NSW, VIC and the ACT

*Inclusion Benefits Everyone!*



'Stages of Empathy' is funded by the Australian Government Department of Social Services



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# Stages of Empathy

## PROJECT PROSPECTUS

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*"I don't remember what I had for dinner last night, but I remember every minute of that training session"*



### **Stages of Empathy: A Free Training Program for Inclusive Community Activities**

Is your organisation ready to take the next step in creating an inclusive and welcoming environment for all? **Stages of Empathy** is a transformative, interactive training program designed to help community groups—including sports clubs, arts organisations, and special interest groups—become more accessible for autistic people and people with intellectual disabilities, and psychosocial disabilities.

Thanks to funding from the Department of Social Services, this innovative program is offered completely free to eligible organisations.

### **What Is Stages of Empathy?**

**Stages of Empathy** uses Forum Theatre, a proven, hands-on approach that brings real-life scenarios from our community consultations to the stage. Participants explore accessibility challenges through role-playing, gaining insight and practical strategies to make their organisations more inclusive.

### **How It Works**

- Scenarios are performed in a short play by actors with lived experience.
- They're based on the lived experience of autistic people and people with intellectual disability and psychosocial disability in the ACT and NSW.
- The same play is performed a second time. This time, trainees interact with the actors on stage. They interrupt the play to intervene and change the story in an inclusive way.
- This generates a meaningful discussion about the practical implementation of inclusive policies in your organisation.

Experiential theatre bridges the gap between policy and practice. It's not just another training seminar, but an interactive, dynamic experience that opens dialogue and action long after the performance.



### **Rebus Theatre's ACT Inclusion Awards:**

- 'Excellence in Inclusion in Education and Training' award, 2023
- 'Excellence in Championing Human Rights' & 'Chief Minister's Award for Excellence' ACT Inclusion Awards, 2018
- 'Excellence in Inclusion' ACT Inclusion Award, 2014



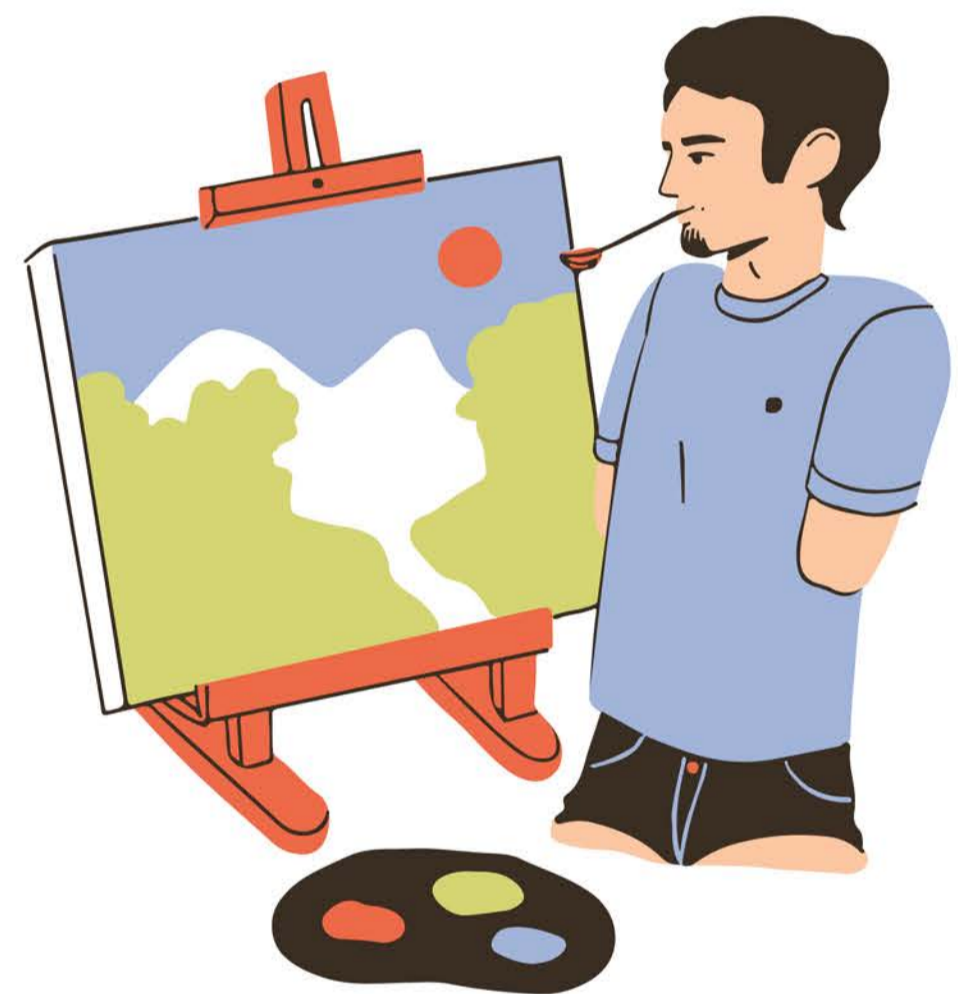
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### What Your Community Group Gains

- **Practical Skills:** Learn adaptable techniques to ensure your activities and spaces are accessible to all.
- **Empowered Staff & Volunteers:** Equip your team with the confidence and tools to support diverse participants effectively.
- **Inclusive Culture:** Foster a sense of belonging that strengthens your community and attracts wider participation.
- **Recognition as a Leader:** Demonstrate your commitment to inclusion and accessibility, setting your organisation apart.
- **Identify Challenges:** Explore the barriers faced by individuals with disabilities in your programs and spaces.
- **Engage in Role-Play:** Act out real-world scenarios that highlight key accessibility issues and uncover solutions.
- **Develop Solutions Together:** Test and refine strategies to improve communication, participation, and inclusion.
- **Reflect & Act:** Use facilitated discussions to turn new insights into meaningful, actionable changes.



### Who Can Benefit?

From sports clubs to theatre groups, art collectives to hobbyist organisations, Stages of Empathy is tailored for all types of community activities. If you're committed to making a difference, this program is for you.

### Why Choose *Stages of Empathy*?

- **It's Free:** Fully funded by the Department of Social Services, making it accessible to all eligible organizations.
- **Interactive & Engaging:** Learn by doing, not just discussing, in a supportive and creative environment.
- **Based on Lived Experience:** Our facilitators and actors all have lived experience of disability and have developed the program based on community consultations.

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### What to Expect

- Duration: Each session runs for two hours.
- Structure:
  - 20-minute performance from the actors.
  - 70 minutes of interactive audience engagement, where participants explore and rehearse solutions.
  - 30 minutes of discussion to turn insights into actionable plans.
- Resources: Every attendee will leave with a resource handout, packed with ideas and strategies to drive inclusion in their own environments.

### Join *Stages of Empathy*

This free program offers your organisation the chance to be part of a groundbreaking initiative. Together, we'll build more inclusive workplaces, activities, and communities—one story at a time.

### How are we developing this training?

To create a training program that truly resonates, we invited community members to join us in shaping the narrative. This consultation process included both hands on workshops and a Playback Theatre performance in each location attended by both community organisations and people with lived experience of autistic people and people with intellectual and psychosocial disabilities. Participants had the chance to share their insights and lived experiences, which will directly influence the program.

Building on the insights gathered during the consultations, we will develop an original Forum Theatre piece bringing together a team of actors with lived experience to craft authentic and relatable scenes. These scenes will focus on the challenges and triumphs of creating accessible and inclusive spaces, drawing from real-world experiences to ensure the stories are impactful and true to life. Using techniques from Theatre of the Oppressed, the rehearsal process will be both creative and cathartic. Actors will collaborate to develop scenarios that highlight the complexities of inclusion and accessibility in community activities while offering a powerful platform for reflection, growth and advocacy.

### Be the Change

Join *Stages of Empathy* and take a proactive step toward creating a community where everyone feels seen, heard, and valued. Together, we can build spaces where people of all abilities can thrive.

Book Your Free Session Today by emailing [harry@rebustheatre.com](mailto:harry@rebustheatre.com)!

Spots are limited, so don't wait! Contact us now to secure your place in this impactful, no-cost training program.

*Stages of Empathy* is Funded by the Department of Social Services, creating inclusive communities one step at a time.



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