

The general objectives of the Stage of Mind educational-artistic training are as follows:

- Improve a range of key competences and skills of the participants (adults living with prolonged mental illness)
- Improve the participants' motor skills and physical fitness
- Create a durable community with an intrinsic sense of belonging and prepare the participants to self-manage an amateur theatre group

The training program has been designed in a way as to pursue the development of the competences determined in this document. Specifically, each activity included in the training program, has for objective to develop at least one of the competences from the list below.

<b>MEMORY AND CONCENTRATION</b>	<ul style="list-style-type: none"><li>- Focus the mind on a chosen activity, object or thought</li><li>- Gain control over own attention</li><li>- Avoid/manage distractions</li><li>- Develop working memory</li></ul>
<b>LITERACY</b>	<ul style="list-style-type: none"><li>- Comprehend and assess information (reading)</li><li>- Construct meanings</li><li>- Expand passive and active vocabulary</li></ul>
<b>COMMUNICATION</b>	<ul style="list-style-type: none"><li>- Convey meanings and concepts</li><li>- Adjust message according to audience</li><li>- Express own ideas and desires</li><li>- Listening and active listening</li><li>- Improved speaking skills (diction, volume, pitch of voice)</li></ul>
<b>SOCIAL SKILLS</b>	<ul style="list-style-type: none"><li>- Collaborate /cooperate with members of a group</li><li>- Gain confidence in social situations</li><li>- Manage difficult situations and conflicts in group settings</li></ul>
<b>CREATIVITY AND IMAGINATION</b>	<ul style="list-style-type: none"><li>- Creative conception of ideas</li><li>- Creative expression of ideas</li></ul>

	<ul style="list-style-type: none"> <li>- Turn creative ideas into action</li> </ul>
<p><b>PLANNING AND ORGANIZATION</b></p>	<ul style="list-style-type: none"> <li>- Decision making</li> <li>- Leadership</li> <li>- Problem solving</li> <li>- Time management</li> </ul>
<p><b>PERSEVERANCE</b></p>	<ul style="list-style-type: none"> <li>- Commit with projects</li> <li>- Keep up the motivation</li> <li>- Accomplish tasks/projects</li> <li>- Acceptance and tolerance of failure</li> </ul>
<p><b>CORPORAL EXPRESSION</b></p>	<ul style="list-style-type: none"> <li>- Improve body awareness</li> <li>- Effective non-verbal expression</li> <li>- Synchronize the corporal expression with the verbal expression</li> </ul>
<p><b>PHYSICAL FITNESS</b></p>	<ul style="list-style-type: none"> <li>- Improve coordination</li> <li>- Increase strength and flexibility</li> </ul>

## TRAINING CURRICULUM

The objectives of the Stage of Mind educational-artistic training are as follows:

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The StaGe of Mind training programme is an innovative educational-artistic methodology that use a variety of performing arts – theatre, dance & choreography, singing – to develop transversal skills of adults with severe and prolonged mental illness (PWMI).

It uses different forms of art to make from this learning process an interactive, immersive and passionate experience.

The training program is divided in various sections, each corresponding to one arts discipline – acting, dance, voice, set and costumes design.

The StaGe of Mind methodology implementation consist of the following phases:

**Phase 1:** PWMI receive training in performance arts during Prep Labs at which StaGe of Mind training program is applied step by step. Approx. duration: 8 months (approx. 26 Sessions/workshops of 90 minutes)

**Phase 2:** Participants follow the StaGe of Mind multidisciplinary methodology to design and create a play from scratch in an experimental, creative process, under the artistic direction of performing experts. Approx. duration: 6 months (approx. 18 sessions of 90 minutes)

**Phase 3:** The finalized play is released and live performances take.



All the StaGe of Mind project partners jointly created the performing arts training curriculum. This curriculum provides an outline of the training program, specify the training units and each unit's specific objectives (artistic and transversal).

TRAINING UNITS	SPECIFIC OBJECTIVES	COMPETENCES TO BE DEVELOPED
<b>1. Introduction</b>	<p>Program Overview</p> <p>Group Creation</p> <p>Safety and comfort</p>	
<b>2. Original playwriting</b>	<p>Developing creative writing skills</p> <p>Stimulating imagination and originality</p> <p>Promoting reflection and self-awareness</p>	<p><b>Literacy</b></p> <ul style="list-style-type: none"> <li>• Comprehend and assess information (reading)</li> <li>• Construct meanings</li> <li>• Expand passive and active vocabulary</li> </ul> <p><b>Perseverance</b></p> <ul style="list-style-type: none"> <li>• Commit with projects</li> <li>• Keep up the motivation</li> <li>• Accomplish tasks/projects</li> <li>• Acceptance and tolerance of failure</li> </ul>
<b>3. Script comprehension and memorizing</b>	<p>Improving text comprehension</p> <p>Developing effective memorization techniques</p> <p>Enhancing expression and interpretation of texts</p>	<p><b>Memory and Concentration</b></p> <ul style="list-style-type: none"> <li>• Focus the mind on a chosen activity, object or thought</li> <li>• Gain control over own attention</li> <li>• Avoid/manage distractions</li> <li>• Develop working memory</li> </ul> <p><b>Perseverance</b></p> <ul style="list-style-type: none"> <li>• Commit with projects</li> <li>• Keep up the motivation</li> </ul>



		<ul style="list-style-type: none"> <li>• Accomplish tasks/projects</li> <li>• Acceptance and tolerance of failure</li> </ul>
<b>4. Acting fundamentals (character building, objectives, tactics)</b>	<p>Getting acquainted with the basics of dramatic art</p> <p>Developing acting skills</p> <p>Exploring different theatrical styles and techniques</p>	<b>Creativity and Imagination</b> <ul style="list-style-type: none"> <li>• Creative conception of ideas</li> <li>• Creative expression of ideas</li> <li>• Turn creative ideas into action</li> </ul>
<b>5. Voice and diction</b>	<p>Developing a healthy vocal technique</p> <p>Improving diction and articulation</p> <p>Exploring vocal expressiveness</p>	<b>Communication</b> <ul style="list-style-type: none"> <li>• Improved speaking skills (diction, volume, pitch of voice)</li> <li>• Convey meanings and concepts</li> <li>• Adjust message according to audience</li> <li>• Express own ideas and desires</li> <li>• Listening and active listening</li> </ul>
<b>6. Exploring sensory perceptions through movement</b>	<p>Developing body awareness</p> <p>Experimenting and exploring different qualities of movement</p> <p>Integrating sensory perception into stage expression</p>	<b>Physical Fitness</b> <ul style="list-style-type: none"> <li>• Improve coordination</li> <li>• Increase strength and flexibility</li> </ul>



<p><b>7. Dance as a narrative tool</b></p>	<p>Exploring narrative expression through movement</p> <p>Developing non-verbal communication skills</p> <p>Integrating narrative elements into choreography</p>	<p><b>Creativity and Imagination</b></p> <ul style="list-style-type: none"> <li>• Creative conception of ideas</li> <li>• Creative expression of ideas</li> <li>• Turn creative ideas into action</li> </ul>
<p><b>8. Music/Performance</b></p>	<p>Exploring the relationship between music and acting</p> <p>Integrating music into theatrical performances</p> <p>Enhancing expressiveness and emotional connection through music</p>	<p><b>Creativity and Imagination</b></p> <ul style="list-style-type: none"> <li>• Creative conception of ideas</li> <li>• Creative expression of ideas</li> <li>• Turn creative ideas into action</li> </ul>
<p><b>9. Stage set design and production</b></p>	<p>Developing scenographic design skills</p> <p>Exploring construction and production techniques for scenography</p> <p>Examine the use of visual and symbolic elements in scenography</p>	<p><b>Planning and Organization</b></p> <ul style="list-style-type: none"> <li>• Decision making</li> <li>• Leadership</li> <li>• Problem solving</li> <li>• Time management</li> </ul> <p><b>Creativity and Imagination</b></p> <ul style="list-style-type: none"> <li>• Creative conception of ideas</li> <li>• Creative expression of ideas</li> <li>• Turn creative ideas into action</li> </ul>



<p><b>10. Costume design for performance</b></p>	<p>Exploring the relationship between costumes and character portrayal</p> <p>Developing costume design and creation skills</p> <p>Considering technical and practical aspects of costume design.</p>	<p><b>Creativity and Imagination</b></p> <ul style="list-style-type: none"> <li>• Creative conception of idea</li> <li>• Creative expression of ideas</li> <li>• Turn creative ideas into action</li> </ul>
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