Examples of interview structure and workshop structure

Workshop 1 -Prep- Example 1 hour

Introduction-(15 mins) Introduce myself and the project and purpose of workshops.

Outline purpose of today's workshop: Introduction and building trust.

Go around the room and ask everyone how they are feeling, if they have any feelings about the workshop and what made them want to come along and participate today.

Exercise 1- 10 minutes

Ask participants to walk around the room, pay attention to how they are feeling in this space. Think about your body, all that it has been through and how it carries you through the space.

Are you holding any tension, any worry, where does that sit for you? Do you feel it in your shoulders, your neck or do you find you clench your jaw or tense other parts of your body? If you do, I want you to just try to let it go. Try to be here, in this moment, in this space and let everything else just fade away.

Now pay particular attention to how you feel in this space. Start to become aware of others in the room.

Exercise 2- 5 minutes

Observation and trust. We are now going to line up without any verbal communication, in order of: Height, Colouring-dark to light, age, time since BC diagnosis.

Exercise 3-10 mins

Go into pairs and split into A and B

Find out all you can about each other in 3 mins and why they are here.

Then each person will present their partner back to the rest of the room (1. minute each).

Exercise 4-20 mins -Mind Maps

WHY theatre?

How can theatre disrupt the narrative?

What do we want to get across to our audience?

What do we want to get from these workshops/ this experience?

5 mins: Closing check in/out.

Feelings/reflections.

Relational Interviews- Topic Guide 45 min approx.

The main areas I want to cover in theses interviews will be guided by the following questions:

1. Can you tell me about your experience of diagnosis?

- How did your life change?
- How did people change?
- What changed that you never expected to change?

2. What has been the most disruptive part of your your experience of breast cancer?

- If during covid, tell me what that was like?
- What was the hardest part of your experience of illness?

3. Was there anything that you found really funny?
- What is the strangest thing someone said to you during that time?

4. Where are you at now?