

# HANDS ARE FOR HOLDING®

## PROFESSIONAL DEVELOPMENT (PD) WORKSHOP



Hands are for Holding® is a youth-centered arts education program which uses dance and movement to engage in conversations about healthy relationships.

Through a combination of choreographed dance performance followed by conversation, resource sharing, and participatory activities, the Hands are for Holding® PD Workshop supports educators and staff by:

- **Building shared language around healthy relationships topics**
- **Exploring potential ways to implement SEL-focused embodiment activities into workshop participants' own work and practice**
- **Offering self-care tools that might be applicable to the everyday life of young people and adults**
- **Sharing available resources and discussing strategies for supporting young people**

“ Thank you Hands are for Holding®. I am about to teach a Middle School Drama class. Your words for healthy relationships: Patience, Respect, Support, Equity, Negotiation and Trust are the springboard I was looking for to start my classes. ”

-Theater Teacher  
Hands are for Holding® PD  
Workshop Participant

## LOGISTICS

### DURATION OF EACH WORKSHOP:

75-90 minutes

### AVAILABILITY:

Monday through Friday, 9:00 AM-6:00 PM

### NUMBER OF PARTICIPANTS:

Min. of 5 – Max. of 80

### FORMAT:

In person or virtual workshops available

### COST:

\$1,000 per workshop

“Thank you all so much for your support for our students and our community. We heard rave reviews from our staff who participated in the sessions, and we appreciated your arts-focused approach to SEL.”

-Assistant Principal  
Hands are for Holding® School  
Partner



**Developed in 2014 in close partnership with Day One and the Mayor's Office to End Domestic & Gender-Based Violence, the Hands are for Holding® program has reached over 40,000 young people, and over 200 schools and organizations, across the nation.**

The HAFH program receives generous support from the Laurie M. Tisch Illumination Fund, the New York City Council, the NYC Department of Cultural Affairs, the Pierre and Tana Matisse Foundation, and the Ready Foundation.



## BOOK A HANDS ARE FOR HOLDING® PD WORKSHOP

For more information and to bring a HAFH workshop to your community, please scan the QR code, visit [gibneydance.org/hands-are-for-holding](https://gibneydance.org/hands-are-for-holding) or contact Will Noling at [will@gibneydance.org](mailto:will@gibneydance.org).