



Image description: Post it note handwriting reads "I Felt Powerful" next to a smiley face with its tongue out

GEMMA PRANGLE

Creative Practitioner

Gemma is a contemporary dance artist, theatre maker, writer and facilitator. Her solo work 'Dances I made on my Bathroom Floor' was shortlisted for a Wales Theatre Award (Jan 2016) for Best Female Dance Artist. In 2019 she finished an Arts Council

England 'Developing Your Creative Practice' award which focused on her own creative process and teaching practice, with her work being rooted in the body, wellbeing and playfulness. She aims to create an inclusive space to work alongside others to find

their creative voice and feels strongly about opportunities being accessible for all. She has taught extensively in arts and education settings as an independent artist and for a range of organisations. Her first son was born in early 2022 and she now

looks to building a creative future as a mother, maker and facilitator.

She/Her

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Public liability Insurance

Enhanced DBS

Full Drivers License

TRAINING

Education

- 2013 One Year Full Time Dance Training - Rubicon Dance, Cardiff
- 2012 Postgraduate Certificate Physical Theatre for Actors and Dancers, Jasmin Vardimon Company, Royal Holloway University of London
- 2008-2011 BA(hons) Drama (2:1), University Exeter

CPD

- 2023 Mental Health First Aider
- 2021 Emerging Writers Group, The Other Room Theatre, Cardiff
- 2018 Promoting Positive Behaviour and Distraction/Handling Techniques
- 2017 13 month Yoga Teacher Training, Om Studio Cardiff
- 2014-2019 Annual training workshops with Phillip Zarrilli
(Psychophysical Performer Training: Yoga, Taichi and Kalaripayattu)
- 2014 Developing Diverse Talent: Stopgap Dance Company
- 2013-2016 Trainee Pilates teacher at Cardiff Pilates Studio
- 2013 Facilitator Training with Taking Flight Theatre, Cardiff
- 2013 Introduction to BSL

Awards/Grants

- 2019 Arts Council England : Developing Your Creative Practice
- 2016 Arts Council Wales: Professional Development Funding

PEOPLE AND PROJECTS (SELECTED)

I have experience working with adults, children and young people, including those with impairments, neurodiversity, learning difficulties and high support needs. I aim to create spaces which are welcoming to all and regularly evaluate my practice. Setting experience includes Primary, Secondary and Higher Education, SEND (schools, departments and organisations), Pupil Referral Units, Care Homes and within Arts organisations/buildings.

Strike A Light Youth Theatre

2019- 2021 Lead Practitioner, Strike a Light Youth Theatre (11-18)

I spent three years developing the Youth Theatre with Strike a Light as their lead practitioner. I worked with an assistant to deliver weekly sessions and projects, including two short films and a live sharing of monologues written by the young people. I also presented on a webinar for National Association of Youth Theatres (with Charlene Olaley). I was passionate about developing individual artists as well as an ensemble.

Arts Council Wales : Creative Practitioner

Projects exploring creativity in learning environments - working with both teachers and pupils.

Facilitator - Project with Year 8 Crickhowell High School in Powys as a Dance and Physical Theatre practitioner to develop Oracy Skills to create promenade performance with dance, installations and live music.

Co-facilitator - Project with two primary schools (Years 3 and 4) exploring physical character and developing group wellbeing through sensory awareness. Created short films based on shadow puppet characters and ceramic tiles created by the pupils with two other artists.

Co-facilitator- Project with a storyteller and film artist in a Parklands Primary School (Year 5) to create an anti bullying film (Physical Theatre)

Taking Flight Theatre

Outreach coordinator and choreographer for the company's Summer Shakespeare tour of 'The Winter's Tale'. Participants integrated older People from Age Connect, young people with learning disabilities, D/ deaf young people.

Co-Facilitator on 6 weeks theatre tour of Real Human Being: Forum Theatre based on disability hate crime (for Mainstream Year 9/10, Specialist Schools and Young Carers)

Flamingo Chicks and Sensory Science

Dance sessions for adults, children and young people with learning disabilities (including PMLD) in Specialist Schools and Respite Centres

Creative Science/Drama workshops in Specialist Schools

Other Relative Experience

Dance for over 60s - independent local class

Yoga and Pregnancy Yoga Classes - independent local classes

Assistant Teacher - Dance for Parkinson's, Dance for Alzheimers

Teaching Assistant (Education): Experience working one-to-one and teaching small groups in Alternative Behaviour Centres (11-18), Pupil Referral Units, SEND and with anxious non-attenders.

TEACHING AND DIRECTING

Higher Education

- 2020 Ransack Dance Workshops, Teaching, Coleg Sir Gar
- 2019 'Y Tylwyth', Movement Director: University of Wales Trinity St David, National Eisteddfod
- 2018 'Deffro'r Gwanwyn/Spring Awakening' Movement Director (with Caroline Sabin), University of Wales Trinity St David, The Gate Theatre
- 2018 'Dances I made on my Bathroom Floor' Workshop, Teaching Bath Spa University
- 2017 'Tonnau Llanw', Choreographer (with Matthew Gough), University of South Wales

Performance and Professional

- 2024 Splinter, Writer and Movement Director, Red Oak Theatre, Sherman Theatre **upcoming**
- 2023 Baba Joon, Movement Director, Lisa Zahra, The Other Room Theatre
- 2023 Splinter (R&D), Writer and Movement Director, Red Oak Theatre, Sherman Theatre
- 2022/23 Moul, Performer and Creator, Joon Dance, Short Film
- 2021 Professional Dance Class, Gather UP Live, Bristol Old Vic
- 2021 'Catchy Songs and Cool Jackets' Director (film), Strike A Light Youth Theatre
- 2020 Microwave, Movement Director, Run Amok Theatre, The Riverfront
- 2019 Shared Practice Workshop (teacher): The Body Writes, Groundwork Pro, Cardiff.
- 2019 National Theatre Connections Workshops- Movement for Actors, Sherman Theatre
- 2018 Girl With Incredibly Long Hair, Assistant Director, We Made This, South Wales Tour.
- 2017 Blood Wedding, Assistant Director, Theatre Pena, R&D
- 2008-2011 BA(hons) Drama (2:1), University Exeter
- 2013-2015 Nurture Creative Dance Theatre - developing emerging dance practitioners

PERFORMER EXPERIENCE

Companies Include:

Ransack Dance, Viv Gordon/Tom Roden, Frantic Assembly/National Theatre Wales, Powderhouse Theatre, Wrong Shoes Theatre, Light Ladd and Emberton, Mercury Theatre Wales, Jo Fong, Taking Flight Theatre, Protein Dance (with Coreo Cymru), Notional Theatre, Taikabox, Kitsch N Sync, Luke Jerram/