

Sara Wookey  
Bio

### ***Short (100 word) bio***

The idea of creating positive lasting legacies inspires me.

I'm a creative artist and performer; a researcher, writer and educator; and an advisor, coach and mentor working with people in cultural organizations, academia, nonprofits, businesses and boards. I specialize in movement and socio-spatial experiences, creative practices and relationships that are designed to revitalize and rewild potential.

I am the only creative movement practitioner who works with people to offer imaginative ways to explore and experience spatial visualization and socio-spatial relationships that reveal the potential of individuals and organizations leading to positive and lasting legacies for them, their work and for society.

### ***Longer version***

The idea of creating positive lasting legacies inspires me.

I specialize in human movement and how physical spaces, or the built environment, influences a sense of belonging and connection. This could be called 'user experience' but is expressed as socio-spatial relationships in my work with people in cultural organizations, academia, nonprofits, businesses, boards and in society more broadly. My work is informed and influenced by my experience, skills, and beliefs from my former professional career as a dance artist and choreographer.

It is also enriched by the unique opportunity I have as one of only seven dancers globally who is certified to teach and perform the seminal and extraordinarily progressive repertoire of Yvonne Rainer, an American dancer, choreographer, and filmmaker.

I believe there is an opportunity to demystify dance and explore how the skills, knowledge, expertise and intelligence learned through creative training such as dance can be applied in a range of other contexts.

This is why I don't fit into a neat category. I am a creative artist and performer; a researcher, writer and educator; and a coach, mentor and advisor. The enriching intersections between these roles result in the unique multidisciplinary and multidimensional methodology and thinking that I use within my business, Wookey Works.

Whether it's a research project, a talk or lecture, a workshop, an artistic commission, a mentoring session or a performance – it will be immersive, inclusive and imaginative. It will bring together people in space and time in a practice that is designed to be enlightening, transformative and safe.

The outcomes and impact can be instrumental for stimulating creativity & innovation, for solving problems & generating new ideas, for creating engagement & commitment, or for embracing & managing change.

I sum this up as revitalising and rewilding potential.