

Pronouns: She/Her

# Alexandra Ogando

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## Recent Employment

August 2020 – Present

### **Creative Facilitator – Total Insight Theatre**

Responsible for planning and delivering a series of creative, theatre-focused workshops that can be delivered online with young people from Hackney, Kent and West Yorkshire. Workshops to be created with the intention of increasing confidence, communication and creative skills with young people who have been referred to the opportunity aged between 14 and 21.

September 2020 – Present

### **Creative Practitioner – CitySocializer**

Responsible for planning and delivering a series of creative, theatre and comedy focused workshops which adults can take part in online.

August 2020

### **Theatre Facilitator – Off The Record Bristol (Voluntary)**

Responsible for planning and delivering two one-off creative workshops exploring theatre and activism. These online workshops were designed to help empower the young people involved. Helping them to explore how they could use their voice creatively for positive change.

August 2020 – September 2020

### **Theatre Practitioner – Bath Mind (Voluntary)**

Responsible for planning and delivering a mixture of in-person and online creative workshops with the intention of increasing wellbeing, socialisation, and confidence.

July 2020

### **Creative Practitioner – Milestones Trust**

Responsible for planning and delivering a series of creative online workshops which culminated in an online performance for Learning Disability Awareness Week.

August 2013 – August 2020

### **Lead Practitioner – Theatre Royal Plymouth**

Lead Practitioner responsible for planning and delivering theatre-focused workshops and projects for a wide range of Theatre Royal Plymouth regular groups and community focused projects. Regular groups include *Young Company Acting 8-11, 11-13, 13-15, 15-18, 18-25*.

Targeted projects include *Our Space, Our Space Community Hubs, Project X, Journeys, Armed Forces Project, Our Space (NEET Young Adults), School HUBs, and Prince's Trust*.

Photo taken at  
**Theatre Royal  
Plymouth** during an  
*Our Space* workshop  
2015



## My Practice

I am a South West based theatre-maker and facilitator who specialises in community focused creative projects that aim to empower, and provide an important space to be heard, seen and valued. I have a wealth of experience working with people of all ages, and walks of life in a variety of artistic, and community focused settings.

I am a confident facilitator with exceptional communication skills, able to fluidly adapt my practice so that it can be participant-focused and responsive. I have experience of authentically co-creating work; holding participant experience and creative ownership at the centre of all my work as a maker and director.

I am currently in my first year of training to be a Dramatherapist at the University of Derby. I aim to graduate as a HCPC registered Dramatherapist in the Summer of 2022.

January 2019 – August 2020

## Community Development Producer & Lead Practitioner

### – Theatre Royal Plymouth

Producing ongoing opportunities and pathways for anyone over the age of 18 to get involved at the Theatre Royal Plymouth through regular workshops, production opportunities, and work experience. To build important relationships with a wide variety of communities within the city, helping to break down barriers and limiting self-beliefs that stop people accessing what the Theatre Royal Plymouth offers.

November 2017 – April

### Director & Writer – Theatre Royal

Writing & Directing for Theatre Royal Plymouth's Young Company. Ages 12 – 17.

**Creep** – 11<sup>th</sup>, 12<sup>th</sup> & 13<sup>th</sup> April 2019, The Drum Stage.

**Followers** – 14<sup>th</sup>, 15<sup>th</sup>, 16<sup>th</sup>, & 17<sup>th</sup> Feb 2018, The Lab.

January 2018 - October

### Creative Facilitator – The Box

Responsible for planning and delivering the creative engagement on an intergenerational project entitled 'Plymouth After Dark'. Working with adults from sheltered accommodation and students from a local school to create a film exploring alcohol use and its place in society.

January 2020 – April 2020

### Cardboard Camp Co-ordinator – Cardboard Citizens

Responsible for co-ordinating the first phase of the Plymouth Cardboard Camp. Securing key partnerships with services focused on those at risk of/with lived experience of homelessness. Co-ordinating the project launch and co-designing the Arts for Social Change event with the Director for Social Change.

## Previous Employment

**Facilitator & Project Manager**  
Fast and Funny, 2016 - 2017  
(Arts Council England Funded)

**Writer & Performer**  
Total Swipe Out, 2018  
(Plymouth Fringe Festival)

**Creative Mentor**  
Our Space, 2016  
(Theatre Royal Plymouth)

**Assistant Director**  
Boots At The Door, 2015  
(Theatre Royal Plymouth)

**Assistant Director**  
In My Dreams, 2015  
(Theatre Royal Plymouth)

## Education

**MA Dramatherapy.**  
University of Derby  
Currently Studying (Year 1 of 2)

**Theatre and Drama Studies, BA Hons**  
Bath Spa University  
Upper 2:1

**A Levels, 2008 -2010**  
Bilborough College  
Drama A  
Psychology – B  
English Literature - B

**GCSEs, 2003 – 2008**  
13 GCSEs, A\* - C



## Additional CPD

**Neuro Dramatic Play**  
Foundation Course with Sue Jennings  
September 2020

**Neuro Dramatic Play and Trauma**  
Foundation Course with Sue Jennings  
October 2020

**CPD Devising Theatre**  
The Wardrobe Ensemble  
October 2020

**Think Funny**  
6 week Course with Brian Luff  
June – July 2020

**Joker Training (Forum Theatre)**  
Cardboard Citizens  
February 2020

**Forum Theatre Training**  
Cardboard Citizens - 2 Day Intensive  
March 2020

**Refugee Awareness Training**  
Plymouth & Devon Racial Equality Council  
July 2019

**Mental Health First Aid**  
2 Day Intensive with Livewell Southwest  
July 2019