



CONNIE COWELL

Spoken Word Artist & Theatre
Maker

conniecowell@hotmail.co.uk

07885462476

188 Burton Stone Lane

York

YO30 6DF

I FOCUS ON WOMEN. I WANT TO
CREATE THEATRE THAT OPENS
DIALOGUE ABOUT WOMEN. I
WANT TO MAKE EMPOWERING
PIECES, SHAKE YOUR HEAD PIECES,
CRINGE WHO WOULD DO THAT
PIECES, WOMEN SAYING, "AW
YEAH I GET THAT," PIECES.

SKILLS & ABILITIES

- Playwriting.
- Directing.
- Creativity and adaptability.
- Facilitation of young people.
- Workshop practice with women in prison.
- Communication.
- Active listening.

EXPERIENCE

LOVE THY LABIA, YORK

SEP2019 – MARCH 2020

The play entitled 'Love Thy Labia,' is inspired by Eve Ensler's 'The Vagina Monologues.' This two-women play was cast, directed, produced and written by me. I played a version of myself, with my cast member playing a personification of my vagina. Working on a piece that involves a heavy amount of personal material, in the form of spoken word, ensured a relatable, honest and cathartic result.

REINCARNATION THEATRE, YORK

SEP 2019 – TO DATE

Through the York St John Prison Partnership Project, I and three other young women formed this theatre group with the aim of developing dramatic work both with women in prison and work that centers around them. In hopes of minimizing an, 'us and them,' mindset, we strive to facilitate and develop spaces in which all present operate at an equal level.

ALL ABOUT RESPECT, YORK

OCT 2019 – TO DATE

The overarching objective of the project is to safeguard students by creating spaces for open and honest dialogue within our student communities about healthy relationships, and embedding cultures of respect to strengthening sexual violence, harassment and domestic abuse prevention. Here I work as a Content Developer, having created poems and spoken word pieces to feature on their social media pages, posters, flyers etc.

TRUTH BE TRUTH TO TH' END OF RECK'NING, KRAKOW/ YORK

JAN 2019 – MAY 2019

A reconsidering of William Shakespeare's, 'Measure for Measure.' Returning from a secular pilgrimage to Auschwitz we asked ourselves, "how will we remember when all the witnesses are gone?" I learnt a great deal being a part of this ensemble cast, and is possibly the most testing piece I have participated in. Often the most difficult projects are the most rewarding in terms of learning, an ode that rang true here.

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EDUCATION**YORK ST JOHN, YORK, DRAMA AND THEATRE BA**

SEP 2017 – MAY 2020

Whilst studying at York St John, I feel lucky to have been presented with a myriad of opportunities. My facilitation skills have improved greatly having been able to work both with women in prison, and young people. The diversity of modules has enabled my growth in other areas too, much like my confidence as a practitioner, creator and performer.

**MACMILLAN ACADEMY POST 16, MIDDLESBROUGH,
A LEVEL**

SEP 2015 – JUNE 2017

My choices included Psychology, Literature and Drama. Literature has been a joy of mine for as long as I can remember, with me now as I continue with Spoken Word. I also received a perfect 100% grade in my A Level Drama performance of, '*The Crucible*.'

ACTIVITIES

I enjoy travelling when the time permits and have taken opportunities to visit multiple destinations around the world. Witnessing differing cultures and interesting destinations can often spark creative thought and offer a more open-minded vision when working on projects. During my spare time at home, I bake and cook often, indulging my extremely sweet tooth.

REFERENCES**HILARY CONROY**

ALL ABOUT RESPECT

h.conroy@yorks.ac.uk

JULES DOREY RICHMOND

ACADEMIC TUTOR

j.doreyrichmond@yorks.ac.uk