

Mental Well-being Workshops

with Mayumi Hikida

IN A NUTSHELL

As an expert in the intersection of mental health and theatrical improvisation, I promote mental well-being using improvisation as a tool and offer mental health support and consultation in the performing arts field. I'm expanding the range of workshops to empower individuals and communities, with professionalism, solidarity, and compassion.

ONGOING WORKSHOPS

1. Resilience Workshop (Austria)

This workshop supports migrants from non-EU/EEA countries and who are seeking employment in Austria. It is part of employment training provided by the government-funded not-for-profit organisation MTOP (More Than One Perspective) which assists their program participants through a multifaceted approach.

MTOP participants often experience rejection in their job search. Through the Resilience Workshop series, they engage in exercises tailored to help them learn how to deal with their inner critics, find their strengths, and practise self-care.

[2 to 3-hour workshop x 2 sessions; 4-12 participants; catering for adults]

2. DIY Improv Safety Toolkit (International)

A lot of improvisers feel pressure to play along with whatever is brought into a scene and are afraid to set boundaries for fear of upsetting their scene partners or ruining the fun. In this workshop, improvisers, regardless of their skill level or experience, learn how to:

- assess themselves to be better prepared for sessions
- advocate for themselves without guilt
- navigate uncomfortable situations using improv techniques
- practise self-care

[3 to 4-hour workshop, 4-16 participants, catering for adults and teenagers]

TAILOR-MADE FOR YOU

Based on the specific challenges, needs, and goals of each participant group, I design activity-based workshops drawing on mental health, neurology, and theatre practices. Participants can expect evidence- and trauma-informed, interactive, and fun exercises in an inclusive and well-held space.

One of my primary focuses is uplifting marginalised groups including LGBTQI+ communities, racially discriminated individuals, and those with neurodivergence and/or disabilities. The topics we explore can cover various aspects of mental and emotional well-being.

WHAT'S SPECIAL ABOUT MAYUMI'S WORKSHOP?

Qualifications

I'm a Certified Mental Health Coordinator (The Association of Mental Health Coordinators, US), a Certified Trauma Support Specialist (Arizona Trauma Institute, US), and a seasoned theatrical improviser.

Since 2019, when I was studying Mental Health in Geelong, Australia, I've been conducting workshops both online and in person, focusing on mental well-being. I also worked as an Assistant Organiser for an improvisation community in Melbourne, Australia (2019-2021) and as a Safety Officer for an international improvisation community in Vienna, Austria (2022-2024), striving to foster safety and a respectful culture into these communities.

Solidarity and compassion

As someone with an intersectional identity —Japanese/Asian in Europe, a non-binary woman (who goes with she/her pronouns), neurodivergent, unique set of health needs, improvise in my second language where I don't speak the local language (German)— I bring empathy and wider perspectives into my work. My personal journey has also deepened my understanding of mental health and honed my skills in implementing effective strategies and tools for well-being.

Participants in my workshops often feel a sense of connection through my salutogenic approach (focusing on the participants' strengths and working with them with empathy) and gain practical tools to support themselves in their journeys.

LET'S TALK!

I'd be delighted to schedule a call to listen to you and discuss how I can assist you and your community.

Feel free to reach out to me at mayumi.h.works@gmail.com.