

As an Artist, Consultant and Feldenkrais Practitioner, Lou Coleman has an extensive skill set and has been involved in the design and development of inclusive and accessible ways of working in the arts since 2009.

Working in both the mainstream and disability dance and theatre sectors, she works with originality, playfulness and sensitivity, inspiring and challenging in equal measure, bringing the best out of people.

Her work within the arts sectors has grown from over 15 years of working in a variety of sectors including: children and adult care and supporting families who require extra input due to difficult circumstances. She has worked in out-of-school children's charities with disabled children and vulnerable young adults, co-founding one of the charities. Her work within mainstream and special educational settings, and behaviour units, as a senior support assistant enabled her to further understand the importance of inclusion in the educational setting.

Lou Coleman has BA (HONS) Theatre and Professional Practice (2007. Coventry University, UK) and MA Performance Practices and Research (2010. Central School of Speech and Drama, UK.). She has taught modules within arts academia and drama schools on inclusive practices in her role freelance position and as an Associate Artist with Candoco Dance Company.

Among her artistic credits, Lou was an Unlimited R&D artist in 2014. Presenting the outcomes of her commission as part of Be There at The Start event held at the South Bank Centre, London. She had an artist' theatre and film commission in collaboration with Director Andrew Dawson at Associazione Culturale Dello Scompiglio, Italy.

Qualifying as a Feldenkrais Practitioner (2015), Lou teaches regular public workshops and individual sessions in London and works internationally. In the UK Lou works with children, teenagers and adults, her approach to Feldenkrais is completely driven by her experiences of working accessibly in the arts for many years. She enjoys building a lively practice that includes people of all abilities, ages, access needs and backgrounds. Alongside being a member of the Feldenkrais Guild UK, she is an active member of its board, holding roles as Co-Manager for social media initiatives, and between 2015-2018 the International Representative, representing the UK at international meetings and organising events.

A selected list of the training Lou holds:

Supporting people with challenging behaviours

Autism Awareness

Disability awareness training

Safe guarding vulnerable children and adult training

Behavioural management training

Manual Handling

Safe touch training

Freelance, self-employed

Inclusive Arts Practice

Level One British Sign Language.

DBS checked 2018