

# CREATIVE TEAM

**YELLOW  
MINDS**  
THINKING THROUGH THE PERSPECTIVE  
OF A NEURODIVERSE ARTISTIC PRACTICE.

## ISABELLA SPEROTTO



**Performer/playwright of The Yellow Traffic Light  
& Workshop Facilitator:**

Isabella Sperotto is a Brazilian actress, performer, writer & creator based in Southend-on-Sea. She graduated in **BA World Performance - East 15 Acting School, University of Essex (2020)- in England & in Psychology - UFCSPA (2016)-** in Brazil, with a specialisation in Mental Health Projects Management. As an international artist, Isabella has also studied at the Odin Theatre in Denmark. She researches the connection between theatre, interculturality, performance and mental health and her work naturally reflects her interdisciplinary journey. Back in Brazil, Isabella worked as a TV presenter & producer at OCTO channel (RBS TV 2015-2016), presenting the daily TV show & creating content for "Octo on Stage". From 2015-2017, she participated in numerous theatre projects & plays in South Brazil, where one of her projects, "Cafofo", offered theatre workshops in a judiciary mental health institution aiming to promote patients' independent living. In the UK, she performed and devised the shows "Project Liquid" (Rooted Moon Fest 2018), "Hilda" (Clifftown 2019), "Brazilian Gift (Bread & Roses 2019-2020), "Moda" (Clifftown 2019), The "Secret Shed of Trams & Dreams" (Tramshed 2019), "The Wedding" (Clifftown 2020) and "The Fools Journey" (Online 2020), "Spoonful of Sugar" (Omnibus Theatre 2022). In 2020, Isabella was one of the 8 finalists at the DYSPLA Residency, as the writer of "The Yellow Traffic Light", which developed into a play presented in the NSDF 2022, a show now confirmed for the VAULT Festival 2023. Isabella also worked for HARP Southend, where she created & managed the "Voices in Action Project: performing arts for a meaningful life" (supported by the National Lottery Community Fund). **She is researching how certain movements and shamanic performances, where repetition and vibration take place, can support new theatre practices for neurodivergent artists and will be sharing some of her exercises with Yellow Minds Workshop attendees.**

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## CATHARINA CONTE



### Director of The Yellow Traffic Light & Workshop Facilitator:

Catharina Conte is a director, actor, teacher and content creator from Brazil and Southend-on-Sea based. Catharina approaches ADHD in her artistic practice and content creation, aiming, through social media (@catharinaconte on Instagram), to popularise information about neurodiversity and strategies to cope with it. Back in Brazil, Catharina graduated with a **BA in Cinema (PUCRS) and one in Theatre (UFRGS)**. Her show, “**How to Survive to the End of the World**”, got her an **Açorianos Award for Best Revelation Actress in 2014**. Catharina also studied acting at the New York Film Academy in 2010; and in 2011, she studied with Berty Tovas in Barcelona. She has been teaching theatre since 2011 as well. She has also been working with voiceovers of video games since 2015. In 2018, she moved to London where she worked on projects such as: "Sarah's Secret", fictional series for the UNRD app; the music video "Look no further", for Flawes, by Blindeye Films and Red Bull Records, "Blood and Guts in High School", performance directed by Tom Ward, and others. In 2019, she acted in the film "Terror London ", by Tom J Kelly and "Aurora", by Nadjana Panto. She was trained at **Young Directors Programme Residency by StoneCrabs Theatre**. Catharina also works with Legal Aliens Theatre, since “Closed Lands”, which had its debut at the VAULT Festival 2020. In 2021, she debuted as a director in London with The Sky Five Minutes Before a Storm, at Southwark Playhouse. After that, she directed The Yellow Traffic Light, which had its debut on NSDF 2022, in Leicester, and is now confirmed for the VAULT Festival 2023. **She is researching how to devise creative theatrical and audiovisual practices through a relaxed approach for neurodivergent artists and will be sharing some of her exercises with Yellow Minds Workshop attendees.**

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## MARIA CUERVO



### **Creative producer of The Yellow Traffic Light**

María Cuervo is a creative producer, cultural manager, researcher and theatre-maker based in London with experience in immersive, multidisciplinary and devise theatre and touring. She studied the MA Creative Producing course at the Royal Central School of Speech and Drama (2018-2019). Since then, she has worked in the UK and Colombia as a producer, project manager & workshop facilitator. Her previous producing work includes The Apologists (Vault Festival 2019), Balthazar Treasure: The Cacao Quest (LIFT Festival 2019), Guerrillera (Bush Theatre 2019), Virtual Variety Fest (Online 2020), Trojana Webcamming Chronicles (Voila! Theatre Festival 2020-2022 & The Cockpit 2022), Distrito Blair 360 (Sala C 2021) and Kelab Malam (Rich Mix 2021). Currently, María is producing USELESS (supported by ACE, Casa Festival and The Lyric Hammersmith), Super Chefs (Touring the UK 2023), 1797: the Mariner's Revenge (ORNC) and Try Again (The Hope Theatre). Maria also works as Projects Producer at Theatre Peckham and Assistant Producer at The Albany and Lewisham, London Borough of Culture 2022. She is interested in new writing and interdisciplinary and thought-provoking work made by underrepresented voices and creatives, especially Latinx artists. She loves creating remarkable experiences for audiences and artists alike. Art empowers communities and individuals and offers a common space to learn, share and be. And she is ready to make that happen.

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## ZOE DANIELS



### Marketing Specialist

Zoe has worked with Spark & Co. as the Brand and Engagement Lead for two years, having developed the organisations inclusive brand and supported with qualitative research and community facilitation for our clients such as Mind and Macmillan. Zoe has a track record of building and maintaining relationships with community organisations, has experience in facilitation for research, working with people with complex needs and expertise designing inclusive content for Spark & Co. They have worked with organisations like The Hastings Refugee Buddy Project and Migrants Organise on their Solidarity Knows No Borders campaign. Zoe was also the Head of Marketing and Vice Chair of All in One Education, a charity providing educational resources with an intersectional lense to schools and universities. They sit on the advisory board of The Eggtooth Project, a community organisation championing and providing inclusive mental health care. Zoe is a champion of people and communities experiencing marginalisation, and believes that only through collective action and education can we achieve equality. Zoe is currently also providing anti-racism workshops to teachers in their local community where they aim to uproot racism from its core.

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## SUSANA PEDROSO



### **Prop Maker of The Yellow Traffic Light**

Susana Pedroso has a Degree in Theatre Design from Escola Superior de Teatro e Cinema (University of Theatre and Cinema, Lisbon, Portugal) a MA in Theatre Studies from Universidade de Letras de Lisboa (Lisbon) and a PhD in Set and Costume Design, by the Universidad Politecnica de Valencia, Spain. Since 1998 Susana worked as a set and costume designer, prop maker, producer and assistant director in several theatre companies in Portugal such as Teatro Aberto, Galeria Zé dos Bois, Teatro da Trindade, Lisbon Coliseum, International Comic Book Festival of Amadora, Clube Estefania and Modern Art Centre of Calouste Gulbenkian Foundation. Susana also worked as part of the decoration team for TV shows alongside teaching Arts in different educational settings. In 2013 moved to the UK and designed costumes for 12 productions for East 15 Acting School, the University of Essex working with directors such as Andre Pink, Ailin Conant, Jules Tipton, Ainsley Masterton, Luke Dickson, Mary Ann Vargas and Ian Nicholson. Since 2018 Susana's work has evolved in the educational setting and has been managing the Creative and Cultural provision at Southend Adult Community College, also working as a freelance designer for independent theatre companies such as Tropicalia Company, CapaTaro Theatre Company.

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## JULIEN BERNARD-GRAU

### Light associate & operator of The Yellow Traffic Light

Julien Bernard-Grau is a London-based multidisciplinary artist and technical director. His main works in theatre are The Time Is Now (Ugly Duck 2020), Closed Lands (The Vaults 2020), The Paddock - Comedy Sketch Show (Theatro Technis 2019), The Soul Awakens (Merlin Theatre 2018), amongst other performing arts technical work. With over ten years of experience working within the performing arts, his aim is to collaborate and produce art that can transcend social norms and barriers.



## JONATHAN GOLART

### Stage Manager of The Yellow Traffic Light

Jonathan Golart has a BA in Psychology and has worked in theatre productions since 2018. As a stage manager, he worked for Project Liquid (Rooted Moon Festival 2018), Brazilian Gift (Breads & Roses Theatre 2019-2020) and The Yellow Traffic Light (NSDF 2022). He has certificates for First Aid for Mental Health, Diversity and Inclusion, Health & Safety, Resilience & Well-being, Cueing to Music and Show Calling.. Jonathan is used to working with neurodivergent teams and audiences, supporting and calming them when they are under pressure.



## LEON BACH

### Photographer of the show & workshops

Leon Bach is a London based actor and photographer with a first-class degree in World Performance and years of experience capturing theatre. His joy as a photographer comes from collaboration. Working with people and companies to represent their story and essence is something Leon finds incredibly rewarding. His main experience lies in theatre photography, from rehearsals and dress-runs to workshops and street theatre. Leon's acting experience helps inform his photography work, giving an inside understanding of what it takes to create and share these stories and an eye for the theatrical.



# CREATIVE TEAM

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## ANDREA MACIEL

**Movement Coach of  
The Yellow Traffic Light  
& panellist**



Dr Andrea Maciel is a dance performer, scholar, therapist and teacher. Her academic/artistic work investigates the physical resonance of social urban landscapes through dance, performance and installations. She has taught movement techniques for BA and Master Course actors at Universities in Brazil, New York – US and UK. She has an extensive experience in Laban Bartenieff technique and has been teaching somatic approaches within CPD as well as utilizing those techniques in her clinic therapy practice. She holds a PhD in Performing Arts from Federal University – Brazil with a Visiting Scholarship at New York University and has 20 years of practice in physical theatre training and somatic-healing approaches for dancers, actors and bodywork practitioners. Andrea is a core member of Cross-Pollination Platform of Theatre where she is a cocreator in collaborative embodied research practice and is the Artistic Director for Intercultural Roots. Her passion to connect art, healing and public space performance has perfectly coalesced through the Intercultural Roots -Arts for Health and Social Change programme.

## MORAG STARK

**Voice Coach of  
The Yellow Traffic Light**



Morag Stark is a Voice, Speech and Dialects coach specialising in individual vocal identity. She works with professional actors and speakers for TV, Film, Radio and Theatre and is currently a full time Voice Lecturer with East 15 Acting School, University of Essex. Companies worked with have included Scottish Screen, BBC TV, Radio 4 and The National Theatre of Scotland. Morag has over 30 years of voice-teaching experience, which ranges from coaching business, law and medical professionals, to working in schools and community organisations. She is fully accredited teacher of Nadine George Voicework with the Voice Studio International. She has a MA in Voice Studies from the Royal Central School of Speech & Drama, and is Fellow of the Institute of Higher Education and she had also trained in Teaching English as Second or Other Language. Morag trained initially as an actor and performed professionally for over 25 years. She has since taught on a variety Acting & Performance training programmes including the Royal Conservatoire of Scotland (alumna), Manchester Metropolitan University, Rose Bruford College and Liverpool Institute of Performing Arts.

# GUEST PANELLISTS & FACILITATORS

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## FRANCO FIGUEIREDO

### Panellist

Franko is co-founder and artistic director of StoneCrabs Theatre Company. Franko is a genderqueer Latinx director, writer and facilitator, and has trained as an actor/performer in Brazil and UK, including a Master in Theatre Practices from Rose Bruford College. Franko started their career as an actor and writer, and have worked as actor and stage director at Gamboa, Vila Velha, Castro Alves and CDL Theatre in Brazil (Bahia) and Gate, Royal Court and Young Vic in the UK. They also co-founded Gatos Noir Theatre Company in Brazil. Franko also regularly runs acting, directing and producing workshops in Europe, Japan and Brazil. They co-edited the book *Out On An Island* published by Medina Publishing. Franko is a trustee for The Island Collection and The Classic Boat Museum.



## PURPLE ELLA

### Panellist

Ella Tabb, better known online as Purple Ella, is a person with autism & ADHD and make videos for Youtube about her life living as neurodiverse. Before she knew that her brain worked differently, she struggled with many aspects of life. She worked really hard to figure out what was going on, why couldn't she manage things the same way other people seem to. Finally, Purple Ella realised that she is neurodiverse, and that really helped her to learn how to care for her brain & body and how to reach her goals.





# GUEST PANELLISTS & FACILITATORS

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## CHANTELLE KNIGHT

### Panellist & Workshop Facilitator

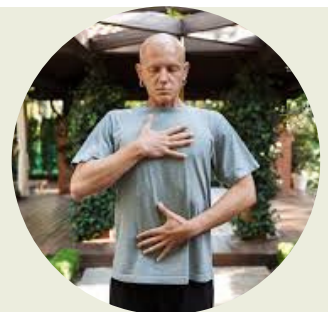
Chantelle Knight is the creator of **NeurodiverseLIFE**. She had over 20 years' experience supporting children and young people with Special Educational Needs (SEN). She is an ADHD Advocate and was previously employed in a school as the following: Assistant SENCO, Mental Health and Wellbeing Manager and PSHE Subject Leader. She currently works as PSHE framework development officer Portsmouth city and MHFA England Youth Mental Health First Aid (MHFA) Instructor. Her workshop is called "The role of executive function in the neuro-diverse brain - why we know but can't".



## JAY KHOPKA

### Panellist & Workshop Facilitator

Jay Khopkar is a Breathwork Practitioner, Writer and Assistant Neurodiversity Coach with NeurodiverseLIFE. He has practiced breathwork and meditation for over 15 years as a way to manage his own ADHD. As a Writer, Jay had over 20 years of experience in writing song lyrics and poetry and have recently embarked on an exciting project to create a series of educational children's books. He works currently for NeurodiverseLIFE as an Assistant Coach. Breathwork has many benefits for everybody but NeurodiverseLIFE have allowed him to extend this practice towards a demographic of people. Practicing breathwork regularly can have a massively beneficial impact on executive function, overall focus & emotional stability and processing multiple sources of information simultaneously and general logistical abilities can also see a lot of improvement. **His workshop is called: "Diaphragmatic Breathing focused on Managing Stress and Anxiety, Increasing Focus and Overall Vitality, with evidence on how breath-work resets and supports executive function"**.



# GUEST PANELLISTS & FACILITATORS

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**JULLIA TESTAS**

**Film Screening Collaborator**

Julia's artistic practice is based on relationships and experiencing the present in photography, movement, and performance. Julia dances and invites you to play and explore presence in relationships, through teaching Flying Low (by David Zambrano), Dissolving (her practice), and Organic Flow (by Jorge Itapuã). Julia's movement background roots and varies amongst Contemporary Dance, Capoeira, and Somatic Dance. She explores multiple cross-discipline practices such as visual arts, including photography, lighting, and film to communicate, provoke and stimulate propositions of human expression (political, sociological, psychological & environmental).



# INSTITUTIONS PARTNERS

## NEUROTRIBE UK

### Panellists

<https://neurotribe.uk/>

NeuroTribe is a mental health and wellbeing organisation, on a mission to empower people from neurodiverse and culturally diverse communities to thrive. NeuroTribe UK is founded, managed and staffed by therapists with lived experience of the systematic oppressions they seek to challenge, placing their uniqueness, individuality and intersectionality at the heart of their community. NeuroTribe believes that everyone should be able to access the help they need. As a community interest company (CIC) and social enterprise, the majority of their profit go towards providing disadvantaged individuals, young people, parents/carers and families with psychological, emotional and social support. **Their team will be present in Yellow minds as pannelists.**



## INTERCULTURAL ROOTS

### Communication & Marketing support

<https://www.interculturalroots.org/>

Intercultural Roots came into existence 3 years ago with an innovative vision: to bring together practitioners, artists, scholars and teachers to create collaboratively and develop their practices for health and social change. Arts for Health encompasses Intercultural Roots' creative, cultural and artistic activities that impact on health and well-being. We advocate for a wider definition of health that moves beyond treating symptoms to bring meaning and transformation into people's lives.



## MEDIA NARANJA

### Newsletters & social media

<https://media-naranja.co/team/maria-cuervo/>

Media Naranja is a creative production company that offers innovative and transformative proposals in which they use different techniques and artistic expressions to investigate specific issues and/or respond to specific needs in the business, pedagogical and social fields. For this, they have created Arte Aplicado© as a multi and interdisciplinary practice and tool that allows them to develop experiences with greater impact on the communities with which they work.



# INSTITUTIONS PARTNERS

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## EXCHANGE THEATRE

Rehearsal, Event space  
& Communication  
& Marketing support:



<https://www.exchangetheatre.com>

Exchange Theatre is an international company established in 2006 in London. Since its creation, unknown or rare French-speaking plays were imported, translated and produced by the company. With the use of strong visual imagery, live music and multilingualism, Exchange Theatre's productions offer you the opportunity to share a truly sensorial experience. Led by David Furlong and Fanny Dulin, the company translated for the first time plays from major French playwrights like Paul Claudel, Georges Feydeau and Xavier Durringer before being a resident at the French Institute for two years. Since then, the company has brought to the stage ambitious double productions off west end: shows such as A Family Affair, The Doctor in Spite of Himself, The Misanthrope were alternately played in English and French. Exchange theatre has the mission of making theatre accessible to the greatest number of people, as well as bringing diversity and interbreeding: a bridge between cultures.

## VAULT FESTIVAL

Venue, Communication  
& Marketing Support

VAULT  
FESTIVAL

[www.vaultfestival.com](http://www.vaultfestival.com)

VAULT Festival is the UK's leading independent showcase of live performance and artistic talent; featuring thousands of sensational performances across Theatre, Comedy, & Live Entertainment, made by the most exciting and boldest artists of our time. Set in bespoke venues across the heart of Waterloo, VAULT Festival bursts to life for eight glorious weeks of joyous creativity; adding vibrance and colour to the otherwise dreary deep winter months. We're the most accessible, sustainable, affordable, and welcoming performance festival in the UK. We value art and entertainment equally, creating an environment where artists and audiences feel welcome, surrounded by culture created by, and for, them.

# INSTITUTIONS PARTNERS

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## OMNIBUS THEATRE

Rehearsal Space

<https://www.omnibus-clapham.org/>



Omnibus Theatre is a multi-award-winning independent theatre in Clapham, South London. The heart of our ambitious programme, inspired by our building's literary heritage, lies in both classics re-imagined and contemporary storytelling. We provide a platform for new writing and interdisciplinary work, aiming to give voice to the underrepresented and challenge perceptions. We believe in affordable tickets and theatre for all. Since opening in 2013 notable in-house productions include Woyzeck (2013), Macbeth (2014), Colour (2015), Mule (2016), Spring Offensive (2017), Zeraffa Giraffa (2017), Queens of Sheba (2019) and The Little Prince (2019). Omnibus Theatre is led by Artistic Director Marie McCarthy. We are a registered charity and receive no core funding.

