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Contact: Lydia Weyrich
(740) 398 4377

Shadowbox Live's Immersive Summer Camp to Include Interpersonal Skills Workshop

(Columbus, OH)— *Shadowbox Live* will host its Arts Immersion Program summer camp with a new twist—a People Smarts workshop by Dr. Meghna Mahambrey. The workshop, focused on self-esteem, love languages, emotional intelligence, conflict management and gratitude, will be weaved into Shadowbox's 10-day educational intensive from July 18 to 28.

"The Arts Immersion Program is just that, *immersive*. It's a big commitment and requires a lot of interaction, and after two years of limited interaction, we think it's incredibly important to set our students up for success both artistically and emotionally," said Stacie Boord, Chief Executive Officer and Director of Education at Shadowbox.

Mahambrey is a relationship expert, TedxColumbus speaker, and the founder of relationship and sexual wellness organization SPARK. The five-part series at Shadowbox will mark the first time Mahambrey will present this workshop to teenagers, and it will cover self-awareness, how to treat others, understanding feelings, handling disagreements and much more.

The Arts Immersion Program offers masterclasses in vocal, acting, dance, and music performance and workshops in various aspects of artistic administration for those ages 15 to 21. Additionally, the program will include behind-the-scenes-only roles for the first time this year.

"Emotional intelligence and interpersonal skills weave into all aspects of life—including metaperformance," Mahambrey said. "People Smarts is incredibly timely now more than ever for teens and young adults, and I'm thrilled Shadowbox has chosen to include it in their program."

The Arts Immersion Program will culminate with a public showcase on July 29 at 7 p.m. For more information, go to <https://shadowboxlive.org/education/arts-immersion-program/>.

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About Shadowbox Live

Founded in Columbus, Ohio in 1988, Shadowbox Live is the nation's largest full-time resident theatre ensemble, featuring professionally trained metaperformers. Shadowbox Live produces a diverse body of bold, genre-shifting original work that seeks to challenge audiences through the shared joy of live performing art.

Shadowbox Live is generously supported by Greater Columbus Arts Council, Ohio Arts Council, Robert B. Hurst Fund / Columbus Foundation, National Endowment for the Arts.

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