



The Lift Method

The Lift Method is a five stage methodology that helps break down our artistic development scheme into smaller 'floors' which Elevate East have agreed are integral to the devising and creating performance process. Using this methodology, the artists will be introduced to the scheme to find out where their current praxis is best suited and what part of the process would help develop them further.

The Lift Method is as follows:-

Fifth Floor	Play + Fear + Formulate + Failure + Future
Fourth Floor	Play + Fear + Formulate + Failure
Third Floor	Play + Fear + Formulate
Second Floor	Play + Fear
First Floor	Play
Ground Floor	Elevate East

Much like being in a lift, the structure is designed to adapt to the artist's needs and can move in any vertical direction (up or down) that they want it too, depending on their comfortability and current practice.

Ground Floor: Elevate East

Elevate East situate themselves on the Ground Floor, as the base and the framework for the entire structure.

Forming a healthy, open relationship with the artist is key and this is where we extrapolate as much information about how best to aid the artist with their praxis. After listening and understanding the needs of each artist through an informal conversation, Elevate East will develop interesting suggestions and playful tools to guide each artist through the levels.

First Floor: Play

The First Floor is the base layer of any performance work, the element of **Play**. With the current pandemic closing doors on venues alike, performance artists and theatre-makers have been confined to their rooms where space and 'play' is limited. The First Floor lets the artist play and be care-free with their material making, whilst being able to access free physical development space at Rich Mix.

Second Floor: Fear

On The Second Floor, we introduce the element of **Fear**. This can be adapted in many ways, but primarily we want to subvert the material the artist has been playing with, to tease out the performance strands further and to open the artists mindset to a potentially different or bolder route, which they may not have thought about before. We employ fear to not be taken seriously but to encourage a playful approach utilising the methods and learnings from the First Floor.

Third Floor: Formulate

The artists begin to **Formulate** their ideas on the Third Floor. After playing with the material in different ways, they begin carving the structure of the components, building this into a short, rough and cohesive performance piece which can be peer reviewed by the other artists before the scratch night.

Fourth Floor: Failure

The Fourth Floor is where **Failure** thrives. Failure can be seen in many different forms, from communication to peer review, but the difference is the failure is a celebrated context, vital in performance and artistic development. Elevate East ensures that happy accidents are used to inform practice. Failure is spoken about in a positive way, there is no 'wrong direction' only playful experimentation. Open dialogue about failure and the learning from it is at the forefront of The Lift Method.

Fifth Floor: Future

The final floor is the Fifth Floor, where the artists can explore what the **Future** holds for them. This level is extremely prevalent for Elevate East as this is where relationships continue, aftercare for the artists is essential.

Usually with scratch nights, the singular event happens and the artists receive seminal feedback and pushed on their way. Elevate East wants to continue the relationship with the artists that come through the programme, to build a further network of creatives, and peer mentors. Ensuring that aftercare is given is vital to the core values of the programme and company. The future of performance work does not always have to be clean and polished and ready, we want to ensure that the unfinished, messy and imperfect has a place to breathe and be celebrated.

This framework will be reflected in the research questions during the selection process of *Stuck In The Lift*.