

Sarah Lock

POETRY



CONTACT

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EDUCATIONAL SERVICES

ABOUT SARAH

Sarah is a spoken word poet, writer, artist, and educator living on Bundjalung Country in the Northern Rivers region, NSW Australia. She is renowned for delivering inspiring, results-driven workshops and performances that engage and empower youth. In 2022, Sarah won both the Byron Bay Poetry Slam and the NSW Poetry Slam competitions. She was also a national finalist in the Australian Poetry Slam, performing her work at the Sydney Opera House.

Sarah's poems, commentary, and observations are available online and in various print collections and journals. She has collaborated with the Australian Broadcasting Corporation (ABC), which featured her work on national television. Sarah has also appeared on local radio and at numerous festivals, such as the Tasmanian Poetry Festival in 2024 and the Woodford Folk Festival in 2023. She has produced pieces for the international Poetry For Peace Slam in association with UNESCO, both the Tweed and Lismore Regional Galleries, and Story Week, Sydney.

Sarah's performances, workshops, and extended learning programs go beyond enhancing literacy; they build confidence, emotional intelligence, and self-expression, equipping students with the skills to excel academically and personally.

Carefully crafted to align with Australian curriculum requirements, Sarah's sessions address relevant issues for today's younger generations, creating a space where students can explore language, develop their voices, and thrive.



“Expertly crafted-
these powerful,
thought-provoking
experiences combine
artistic expression
with personal
growth.”

Sarah performing her winning poem at the NSW Poetry Slam final- Customs House, Sydney 2022

Credit: Nicola Bailey

Sarah's educational offerings are grounded in a deep understanding of both the craft of poetry and the importance of cultivating personal growth and resilience in young people.

Whether through live performances, workshops, or extended residencies, Sarah provides students with the opportunity to engage with poetry in a meaningful way that supports their development as writers, thinkers, and communicators.



PERFORMANCE+

Sarah's Performance+ sessions take traditional live poetry performances to the next level, incorporating interactive oral and written exercises, group activities, exciting games, and performance opportunities. Designed to cultivate confidence, creativity, and collaboration, these sessions create an engaging and supportive environment. Ideal for larger cohorts, they offer a hands-on experience that encourages active participation.

Fees: \$660- \$1200 - 50-80 mins

WORKSHOPS

Sarah's workshops blend poetry performance with creative writing, featuring curated performance elements tailored to specific learning outcomes. Focused on themes that resonate with young people and align with educational standards, these sessions empower students to explore personal experiences and develop their artistic voices. Sarah creates a supportive environment where students can reflect, create, and share their unique perspectives.

Fees: \$660- \$1200 - 50-80 mins
(pp. 4-5 for further details)

EXTENDED PROGRAMS

Sarah's extended programs provide an immersive experience that nurtures creativity and personal growth. These courses allow students to refine their skills, experiment with new techniques, and build confidence in a supportive environment. Whether enhancing writing or channeling emotions into creative outlets, students leave with stronger voices and a deeper understanding of themselves.

Fees: \$1800 per day
(p. 6 for further details)

PRIMARY SCHOOLS

Spoken word is an incredible entry point for younger students, offering a dynamic and accessible way to engage with poetry. Its rhythm, energy, and immediacy make it easy for younger learners to make connections. It also helps to develop a deep appreciation for language early on. Encouraging poetic expression from a young age sparks creativity, boosts confidence, and nurtures self-expression, setting the foundation for a lifelong love of words and storytelling.

Sarah's workshops are an exciting adventure into the world of poetry, where primary school students get to unleash their creativity through fun, engaging activities, and interactive exercises. Packed with games, rhythmic challenges, and storytelling experiments, these sessions invite students to explore the power of words and express themselves in fresh, imaginative ways. With a focus on personal expression, creative play, and teamwork, Sarah creates a vibrant space where students can dive into their own voices, share their ideas, and connect with the world around them. It's not just about learning poetry—it's about having fun while discovering the magic of language!



WORKSHOPS

FEES: \$660- \$1200 DEPENDING ON STUDENT NUMBERS

ADDITIONAL TRAVEL FEES MAY APPLY

RHYTHM, RHYME & REALLY RANDOM REPETITION, REPETITION, REPETITION.

In this interactive session, students explore the musicality of language through rhyme, chanting, and simple poems. They'll play with sound patterns, rhythm, and rhyme to create their own creative pieces and works of poetry. Challenges, games, and collaborative activities serve as fun and exciting ways to understand and create language and text.

STORY BURGERS

This workshop encourages students to craft and share short poems that tell a story, focusing on narrative structure and descriptive language. By combining elements of storytelling with poetic techniques, students learn to express ideas and emotions effectively. This aligns with the curriculum's emphasis on creating imaginative texts and using language to express ideas and emotions.

SECONDARY SCHOOLS

Sarah's workshops provide participants with the opportunity to deeply engage with poetry while exploring themes that are both personal and universal. These sessions are designed to cultivate creativity, enhance literary skills, and encourage self-reflection, all while addressing issues that resonate with young peoples' lives. Sarah's approach combines creative expression with a compassionate understanding of identity, belonging, and social justice, which give students the space to explore their own voices and connect with real-world experiences.

WORKSHOPS

FEES: \$660- \$1200 DEPENDING ON STUDENT NUMBERS

ADDITIONAL TRAVEL FEES MAY APPLY

IDENTITY & BELONGING

Exploring the complex relationship between self-perception, societal influences, and personal identity. Sarah draws on her own experiences as a woman, person-of-colour, immigrant, mother, and poet, creating a space for meaningful conversations about the factors that shape who we are and where we belong. Using performance as a vehicle for discussion and self-expression, students are challenged to reflect on their own experiences and navigate the dynamic nature of personal and collective identity.

POETRY OF PROTEST & PERSUASION

Sarah uses poetry as a lens to examine the power of words in social change. Students explore the role of poetry in resistance movements and practise crafting pieces that respond to issues they care about. Touching on the historical impact of protest poetry, students will be empowered to use poetry as a tool for activism, self-expression, and social justice. This workshop creates a space for young voices to channel their passions into impactful art, encouraging students to use their creative expression positively.



Credit: Zac Lovett



SECONDARY SCHOOLS

BELIEF, HOPE & THE HUMAN SPIRIT

In this workshop, students are encouraged to explore themes of faith, hope, and the human spirit through Sarah's poetry. This workshop examines how belief systems—both personal and societal—serve as sources of strength and resilience. The workshop invites students to reflect on the power structures that shape their lives, and to consider the role of hope and belief in facing challenges. By engaging in creative exercises and discussions, students will explore their own beliefs and values, nurturing critical thought and an understanding of how hope can act as a transformative force in both personal and collective struggles.

THE FEMALE VOICE

This workshop delves into the unique experiences of women from a poetic perspective. Focused on themes such as motherhood, gender inequality, the female body, and broader gendered experiences, Sarah facilitates open and thoughtful discussions. Students explore how female voices have shaped literature and society, and continue to make their mark today. This session aims to empower students to understand and reflect on diverse experiences from a female perspective, using poetry as a tool to challenge societal norms and raise awareness around gender issues.

COLLABORATE & CUSTOMISE*

Sarah offers custom-designed workshops to meet the unique needs of specific groups. Sarah collaborates with school staff to craft a session that aligns with specific educational objectives. From classrooms, to youth groups, and community organisations, this flexible approach ensures that every participant receives an experience that is relevant, engaging, and impactful.

**An additional \$340 applies to custom workshop fees.*

EXTENDED LEARNING PROGRAMS & RESIDENCIES

Sarah's extended learning programs offer students the time and space to delve into their creative and emotional development.

Students are given the opportunity to refine their writing skills and transform intense emotions into powerful creative outlets. These programs provide a focused, immersive experience that span from a few days to over the course of a term dependant on each school's needs.

The extended format allows students to build confidence, experiment with new techniques, and refine their voice in a supportive, hands-on environment. These programs not only enhance writing, oral skills and self-expression but also encourage personal growth, empowering students to explore their emotions and creativity in meaningful ways.

FURY AS A FORCE FOR GOOD

This workshop is designed to help students channel intense emotions—especially anger—into productive, creative outlets. Sarah demonstrates how powerful emotions can be transformed into positive forces for self-expression and social change. Tailored for various age groups, this workshop is especially effective for captivating disengaged or at-risk youth, offering tools to express strong feelings in a way that supports emotional well-being. Sarah's personal experience with transforming emotion into artistic expression provides a relatable model for students looking to harness their own emotions into something constructive.

THE POET'S TOOLBOX: TECHNIQUES FOR STRONGER WRITING

Aimed at enhancing writing skills across all forms of communication, this masterclass goes beyond traditional poetry to improve students' overall storytelling abilities. By studying key poetic techniques—such as structure, metaphor, imagery, and rhythm—students will learn how to craft more engaging and effective writing. Sarah's poetry serves as both a guide and inspiration, offering real-world examples of how these techniques can elevate essays, reports, and creative work alike. This workshop provides students with the practical skills that they need to enhance their writing in all subjects.

FEES: \$1800 PER DAY | 3-10 DAYS





“I (along with everyone in the room) was absolutely blown away by her words, her energy, her insights and her provocations.”

Tal Fitzpatrick-
Artist

"Sarah Lock visited our school to perform some of her poetry for our Year II English cohort. The students were familiar with some of the poems that they had studied with their classroom teacher, but hearing directly from Sarah enabled them to engage far more deeply with the themes and ideas, as well as the mechanics of how she constructed her poems. Sarah is an outstanding presenter who commanded the attention of even our less enthusiastic writers and inspired several of our students to consider writing their own spoken word poetry. Her work is thought-provoking and rich in both ideas and technical mastery, and I hope to have her visit our school again soon."

Emily Brewer-
Acting Director Of English, Lindisfarne Anglican Grammar School



Sarah performing her winning poem Sarah performs at Sydney Opera House 2022
Credit: Nicola Bailey Credit: Nicola Bailey

Sarah's performances, workshops, and extended programs offer a unique, powerful way to engage with poetry.

Through dynamic didactics, hands-on creative sessions, and immersive learning, Sarah empowers students to find their voice, channel their emotions, and use language as a tool for positive change.

Sarah's unique offering is crafted to inspire, challenge, and build confidence, leaving students with lasting skills and a deeper connection to their creativity. These programs reach beyond the confines of the classroom — they are transformative, impactful experiences to unlock the power of self-expression.

Book now

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