

Coaching Workshops for Dance Teachers

All workshops will increase the relationship you have with yourself your students and your clients.

Creating Confidence In You

Discover what confidence means to you. Find the essential confidence boosters that you need to elevate your self-esteem, self love, and life's path. Learn ways to build the confidence in yourself and your life's passion.

Ways to Enhance Life Performance

You will receive simple and efficient ways to live optimally and functionally.

Focusing On The Dance Industry Today and Dance Injuries

Learn the truth about today's dance industry and learn ways to decrease injuries mentally, physically, spiritually, and emotionally.

Anxiety Busters

Learn the truth about anxiety and ways to handle it. Learn how to calm your fight or flight responder quickly. Learn how to live in a state of peace. This workshop will help you lower your stress and increase your vitality.

Communication Station

Learn the six key words that are in the way of communication and connection. Identify ways to create connection.

Picking Up Choreography and Retaining It Fast

Learn the tools necessary to pick up and retain choreography and/or any new information quickly and efficiently.

Work Life Balance

Learn how to balance your work and lifestyle. Learn simple and efficient ways to feel balanced in all parts of your life.

Empowering You

Learn what inspires and motivates you today. Identify the key components to your passion, presence, and purpose. Find how you fit in. Walk away feeling alive.

Fueling Your Life

Learn what your body needs for energy on all levels. You will learn how to maximize your energy after this workshop.

Break Through Barriers

Learn how to break through fear, and anything in your way mentally, physically, spiritually, and emotionally.

Designing a Path After High School

For juniors and seniors in high school who have a passion for their art and/or purpose, and at this stage, need direct and supportive guidance in choosing their next steps. You will have clarity of the pathways that exist in this reality for your next action steps.

Life Skills

Learn the skills necessary to live an abundant lifestyle. You will receive a self assessment that aligns with this reality.

Conscious Relationship

Learn ways to live a conscious life. This workshop focuses on increasing self love, self confidence, and self esteem. You will have a better understanding of yourself and others.

Time & Money

Break through barriers that you have with time and money. Learn ways to increase revenue and spend time consciously.

Visioning

Learn how to deliberately create the life you really desire. Learn how to create clear intentions in all parts of your life.

Mental Strength & Endurance

This class provides you with ways to strengthen your mind, manage your thoughts, and regulate your emotions. You will also gain an understanding of the brain and exercises to maximize its strength.

Cueing for the Classroom

Learn how to communicate effectively and efficiently in the classroom. Get your students to respond quicker. Help your students learn and retain faster.

Simonson Dance Class

An organic approach to movement that prepares the body to dance in a way that is anatomically intelligent, and somatically aware. (in person only)

The Truth About Stamina

Learn how to build strength and endurance on and off the stage mentally, physically, spiritually, and emotionally.

****Classes online and/or in person****

For more information:

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