

Coaching Workshops for Dancers

All of these workshops will enhance the relationship you have with yourself and your passion for dance.

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 confidence in yourself and your life's passion.

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.

Dance Life Balance

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

Ways to Enhance Your On Stage Performance

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

Picking Up Choreography and Retaining It Fast

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

Rockette Style Jazz Class

A fun approach to jazz using Rockette style features. Wear heels for fun! (in person only)

Mental Strength & Endurance

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

The Truth About Stamina

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

Break Through Barriers

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

Fueling Your Life

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

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.

Dance Skills

Learn the skills necessary for your dance and personal life. You will receive a self assessment that aligns with this reality.

Conscious Relationship

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.

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.

Communication Station

Learn the six key words that are in the way of communication and connection. Identify ways to create connection. This workshop will help you on stage, in interviews, and auditions.

Simonson Dance Class

An organic approach to movement that prepares the body to dance in a way that is anatomically intelligent, and somatically aware. This class leaves you feeling rejuvenated inspired and aligned.
(in person only)

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.

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

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