

ROYAL ACADEMY OF DANCE

Finding your Balance: nurturing self and others Tutors

Chris Pearse BSc MIET CEng

Management and Leadership in Uncertain Times



Following a corporate career in engineering in which Chris founded and ran several companies in the UK and abroad, he now writes and delivers leadership development programmes for CEOs, directors and senior managers across all sectors. He has written regularly for Forbes, and recently published *The Broken CEO: How To Be The Leader You Always Wanted To Be*.

Dennie Wilson MA BA (Hons) AdvDip Coach

The Principles, Practice and Practicalities of Coaching Dance and the Dancer



Originally a professional dancer and then creator, Dennie has worked all over the world with intensely driven artists using a range of mediums including film projection, stop motion animation and algorithmic choreography, to create unique installation and theatre pieces. As a dance artist she worked extensively for Birmingham Royal Ballet and for 8 years she had responsibility for developing and delivering the Vocational Contemporary Dance Curriculum at Elmhurst Ballet School. Dennie joined the RAD Faculty of Education in 2012 after working on the Olympic and Paralympic Games. She is the Programme Manager for the PDPTC and PDTD programmes, lecturer in Dance Teacher Education for Professional Dancers and teaches contemporary dance, choreography, music for the studio and stage and is a Practical Teaching Supervisor. Dennie is currently studying for a Professional Doctorate in Coaching Elite Performance. Her focus is the potentiality for coaching pedagogy as a way of directly empowering the dancer as independent decision maker, and indirectly engendering greater connectivity between dance and coaching pedagogy. In July 2022 a specific of Dennie's research was

published by Research in Dance Education as a paper entitled, Building a case for coaching: informing an innovative, pedagogical approach to dancer development.

Dr Janet Rose

An Introduction to Emotion Coaching – a practical strategy to support stress regulation and wellbeing



Dr Janet Rose is a currently Principal of Norland College and a former Associate Professor and Reader in Education at Bath Spa University. A former teacher, she has a wealth of experience in supporting children and young people, including those who have experienced trauma. She led the national research project Attachment Aware Schools and Trauma Informed Practice, which comprised a comprehensive programme of support for children and young people affected by early attachment difficulties, trauma and neglect. She is also co-founder of Emotion Coaching UK which trains and researches the use of Emotion Coaching as a practical strategy to support the development of children's and young people's self-regulation, behaviour, wellbeing and resilience. She has worked closely with numerous organisations delivering keynotes at conferences, training workshops and supporting continuing professional development. She is the author of numerous academic and professional publications related to early development and mental health, the most recent of which is a book entitled Emotion Coaching with Children and Young People. Janet is also a Level 1 Theraplay practitioner and a Sensory Attachment Intervention practitioner. She is currently undertaking a Fellowship programme with the University of Massachusetts on Infant Mental Health.

Sandrine Harris SEP RSMT/E GCFP

Somatics and Meditation for Supporting Healing



Sandrine Harris is an American-French practitioner and facilitator passionately curious about the relationship between the mind, body and heart, and how we transform and heal throughout our lifetimes. She is a Somatic Experiencing® practitioner (SEP): an integrative process to compassionately be with our lived experience, and transform suffering from trauma and traumatic stress. She has offered workshops and trainings in applications from current pain and trauma research and Somatic Experiencing®, including at Dance Base in Edinburgh (2022). She is a Feldenkrais® Practitioner (GCFP) and Registered Somatic Movement Therapist and Educator (RSMT/E) focused in somatic (body-centred) investigations of moving from the inside out, through awareness and sensation.

As a community mindfulness meditation facilitator, as well as a trainer of facilitators, Sandrine offers connective pathways to becoming more fully ourselves. She holds a diploma in the pedagogy of the Vaganova Method of classical ballet (The Nutmeg Ballet Conservatory, graduated 1993), and also trained on full scholarship at the Joffrey Ballet Trainee Program in NYC. After a career in contemporary dance, Sandrine transitioned into mind-body studies, completing several long-term programmes over the past 17 years, with particular interest in somatic psychology. Sandrine has trained in working with shame with Peter Levine, neuroplastic pain syndromes with Dr Howard Schubiner, meditation with Sharon Salzberg, and Feldenkrais® with David Zemach-Bersin, among many others on this deep path of awareness, discovery, and transformation.

Wendy Jardine

Applying Pilates Principles to Ballet Teaching – finding balance physically and emotionally



Wendy has been teaching Pilates since 2007 and more specifically to dancers since 2009. She also creates and presents CPD to ballet teachers in the principles of Pilates, so that teachers can use the knowledge in their own practice.

Wendy uses Pilates to empower dancers in all of their movement. Pilates gives them the conscious awareness of their strengths and imbalances and equips them with the tools to self-care, rebalance and avoid injury. They enhance and improve their strength, mobility and flexibility, by knowing how and where every muscle is, and why each muscle group makes a move, big or small, or is a deep stabilising muscle. By isolating, engaging and feeling, discovering which muscles are creating what, dancers can consciously call upon them in their training and performance, taking their work to another level. Within these sessions, which flow from one move to another, dancers learn how to use their breath to stabilise, connect and relax. This tool enriches life skills, exam technique and is deeply calming.

When Wendy is not at the Academy, she teaches in West Dulwich and online.