

ROYAL ACADEMY
OF DANCE

SUMMER CPD

AUSTRALIA'S FIRST TEACHER INTENSIVE CPD SERIES

21 & 22 JANUARY 2025

In-person & online courses

SPECIAL GUEST:
ALEXANDER
CAMPBELL,
ARTISTIC
DIRECTOR

Scan to Book



Contact:
Anna Mealing
amealing@rad.org.au

ROYAL ACADEMY OF DANCE

INFORMATION

The Royal Academy of Dance is delighted to provide an opportunity for teachers to enhance and focus their teaching expertise on connecting the mind, body and artistic expression to support the development of aspiring dance students.

Join us for one or two full days of in-person CPD workshops, or selected online sessions, aimed at inspiring and upskilling teachers with fresh approaches and strategies in areas such as musicality, teaching practice language, injury risk reduction, performance anxiety and more.

VENUE

The Royal Academy of Dance
20 Farrell Avenue
Darlinghurst NSW 2010

FEEES

Registration Type	RAD Members	Non-RAD Members
In-person one full day	\$260	\$390
Online 2-hour session	\$90	\$130
Online 1-hour session	\$45	\$65

CONTACT

Anna Mealing, CPD Coordinator
E: amealing@rad.org.au



Terms & Conditions

<https://au.royalacademyofdance.org/teacher-training-with-the-rad/cpd-3/cpd-terms-and-conditions/>

TIMETABLE

IN-PERSON

AEDT (Sydney time)

TUESDAY 21 JANUARY 2025

TUESDAY 21 JANUARY 2025		
09:00	Welcome and barre warm-up	RAD, Lindsay Ellman-Brown
	A series of barre exercises to start the day.	
	Warm up class	
09:30	Unlocking Musicality	Lindsay Ellman-Brown & Grant Kennedy
	Explore in-depth how to enhance musicality in students, focusing on various dance rhythms and styles for an open class, aimed at vocational levels. Discover the difficulties often seen with musicality and how best to address and improve understanding, with an opportunity to experience free exercises in differing musical rhythms and styles.	
	Practical workshop	2 Time-Valued CPD hours
11:30	BREAK	
11:45	Recognising Sensations in the Body: Insights into distinguishing pain signals	Maria Anagnostou
	Understand how to identify the difference between delayed onset muscle soreness, muscle tears and bone stress, including watch points for when students are reporting niggles, why these sensations occur and what to do about them.	
	Practical workshop	1 Time-Valued CPD hour
12:45	LUNCH	
1:30	Performance Anxiety: Reconceptualising performance anxiety from the studio to the stage	Shona Erskine PhD
	This introduction to performance anxiety for teachers articulates the underpinning mechanisms of anxiety and how these function in dance performance. By separating somatic and cognitive anxiety we will take a closer look at patterns of anxiety, before developing and practicing performance scripts to mediate anxiety in students' responses to performance.	
	Theory-based workshop	2 Time-Valued CPD hours
3:30	BREAK	
3:45	Student class with teacher observation	Alexander Campbell with Grant Kennedy
	An opportunity to observe students in class with Alexander Campbell.	
	Teacher observation	1 Independent CPD hour
5:00	FINISH	
5:30 - 6:30	Members Event: In Conversation with Artistic Director, Alexander Campbell	Alexander Campbell & Shelley Yacopetti

TIMETABLE

IN-PERSON

AEDT (Sydney time)

WEDNESDAY 22 JANUARY 2025

	Welcome and conditioning warm up	RAD, Nicole Baer
09:00	A series of body conditioning exercises to start the day.	
	Warm up class	
09:30	Injury Risk Reduction and Load Management: A wholistic approach for the adolescent dancer	Nicole Baer
	Understand the developing body and brain, optimal injury risk reduction, early injury management, short- and long-term load management, recovery and teaching how to dance smarter.	
	Practical workshop	2 Time-Valued CPD hours
11:30	BREAK	
11:45	Self-Care Solutions: Building a self-care contract for dancer wellness and performance	Shona Erskine PhD
	The wellness resource will support dance teachers to lead their students through a process of developing self-care contracts for maintaining psychological wellbeing. In addition to developing a practical understanding of self-care, the resource covers skills such as mindfulness, grounding, compassion, flourishing and crisis coping.	
	Theory-based workshop	1 Time-Valued CPD hour
12:45	LUNCH	
1:30	Enhancing Teaching Practice Language: Exploring current practice	Julia Barry
	Share, discuss and trial strategies to refresh and enhance teaching practice language to support student engagement, learning and progression. Practical and collaborative explorations of teacher verbal and body language, the effects of language and the balance across technique, musicality, wellness and artistic expression. First in a series of four.	
	Practical workshop	2 Time-Valued CPD hours
3:30	BREAK	
3:45	Pas de Deux observation class	Alexander Campbell & Hilary Kaplan with Grant Kennedy
	An opportunity to observe students in a pas de deux class.	
	Teacher observation	1 Independent CPD hour
5:00	FINISH	
5:30 - 6:30	Members Event: Insights and Innovations with Alexander Campbell	Alexander Campbell & Shelley Yacopetti

TIMETABLE

ONLINE

AEDT (Sydney time)

TUESDAY 21 JANUARY 2025

10:00 - 12:00 AEDT	Performance Anxiety: Reconceptualising performance anxiety from the studio to the stage	Shona Erskine PhD
	This introduction to performance anxiety for teachers articulates the underpinning mechanisms of anxiety and how these function in dance performance. By separating somatic and cognitive anxiety we will take a closer look at patterns of anxiety, before developing and practicing performance scripts to mediate anxiety in students' responses to performance.	
	Interactive webinar	2 Time-Valued CPD hours
2:00 - 4:00 AEDT	Enhancing Teaching Practice Language: Exploring current practice	Julia Barry
	Share, discuss and trial strategies to refresh and enhance teaching practice language to support student engagement, learning and progression. Practical and collaborative explorations of teacher verbal and body language, the effects of language and the balance across technique, musicality, wellness and artistic expression. First in a series.	
	Interactive webinar	2 Time-Valued CPD hours

WEDNESDAY 22 JANUARY 2025

10:00 - 11:00 AEDT	Self-Care Solutions: Building a self-care contract for dancer wellness and performance	Shona Erskine PhD
	The wellness resource will support dance teachers to lead their students through a process of developing self-care contracts for maintaining psychological wellbeing. In addition to developing a practical understanding of self-care, the resource covers skills such as mindfulness, grounding, compassion, flourishing and crisis coping.	
	Interactive webinar	1 Time-Valued CPD hour
12:00 - 1:00 AEDT	Recognising Sensations in the Body: Insights into distinguishing pain signals	Annie Strauch
	Understand how to identify the difference between delayed onset muscle soreness, muscle tears and bone stress, including watch points for when students are reporting niggles, why these sensations occur and what to do about them.	
	Interactive webinar	1 Time-Valued CPD hour
2:00 - 3:00 AEDT	Members Event: Insights and Innovations with Alexander Campbell	Alexander Campbell & Shelley Yacopetti