

## Engaging Minds, Informing Practice Tutors and Presenters

### **Alice White, MA, BA (Hons)**

#### *Embracing Social Media*



Alice graduated from Trinity Laban Conservatoire of Music and Dance in 2015 with a First Class Honours degree in Contemporary Dance, and went on to gain an MA in Dance Performance at the University of Chichester. Currently the Lead Press and Communications Officer at the Royal Academy of Dance, Alice has previously worked in marketing and communications at organisations such as Trinity Laban and The Place, gaining an in depth and confident understanding of social media strategy.

### **Amelia Wilkinson, MSc Physiotherapy (pre-reg), MSc Dance Science, BA (Hons) Sociology, APPI certified Pilates Instructor**

#### *Enhancing Silver Swans® Provision*



Amelia originally trained as a dancer at The Royal Ballet School and is now a dance science educator, physiotherapist and Pilates instructor. Her expertise in health and wellbeing is informed by both her dance for health and physiotherapy research. Most recently she examined community dwelling stroke survivors' perceptions of upper limb dysfunction and its impact on quality of life. She currently works as a Health and Performance Enhancement Tutor across two Centre for Advanced Training programmes and delivers dance science CPD courses across the UK and internationally for the RAD.

### **Caroline Palmer, ARAD (Dip. PDTTC)**

#### *Analysing Discovering Repertoire Choreographic Style with Benesh Notation*



Caroline trained in classical ballet in London with Andrew Hardie and Maria Fay. She danced professionally for 10 years mainly with the Deutsche Opera in Dusseldorf.

In 1979 Caroline retrained as a teacher at the Royal Academy of Dance and subsequently taught on the degree course at Laban, London.

She then studied on the Benesh Professional Dance Notators' Course graduating in 1999. Since becoming a choreologist Caroline has worked as a notator and/or repetiteur with English National Ballet, Royal Swedish Ballet, National Ballet of Prague, Atlanta Ballet, Royal New Zealand Ballet and most recently Scottish Ballet.

## **Dr Cathy Schofield, BA, MSc, PhD**

### *Psychology for Dancers*



Cathy has been a lecturer in sport and exercise psychology for over twenty years. She has also been dancing for forty five years, including ballet, tap and salsa, as well as enjoying dancing in social contexts, most specifically funk, jazz and northern soul.

## **Celia Moran**

### *Embracing Social Media*



Celia joined the RAD in 2016 as Press and Communications Manager. As part of her role, she oversees RAD's social media strategy (with a combined following of over 300,000). She has previously worked in communications roles for a range of arts organisations, including the Royal Opera House and Trinity Laban.

## **Charlotte Levy**

### *Top Tips for GDPR*



After completing her degree in Art History at the University of Cambridge, Charlotte trained and worked in Stage Management before moving into arts administration. Initially working in admissions, she took up the post of Registrar at Drama Studio London in 2016 and subsequently Registrar of the Royal Academy of Dance in 2018.

## **Fiona Brooker, MA, LRAD**

### *Silver Swans® Licensee Training*



As Head of Teacher Education within the RAD's Faculty of Education, Fiona works closely with the Director of Education and Faculty of Education Senior Management to provide strategic leadership and oversight of the Faculty of Education's dance teacher training provision. Fiona also contributes to postgraduate, undergraduate and professional programmes in the Faculty where she supervises research projects and tutors in the areas of dance education, dance analysis and socio-cultural theory. Fiona has led Silver Swans® training both in the UK and Australia.

## **Gemma Coldicott, MA**

*Inclusive Dance: Leading Creative Dance in School Settings for Children with a Range of Disabilities*



Gemma is a Dance Artist, Arts Manager and Artistic Director of SLiDE, a Croydon based inclusive dance company. Gemma has 12 years' experience of creating and delivering inclusive dance projects, nationally and internationally with an array of partners, including Heart n Soul, Trinity Laban and Rambert. She specialises in facilitating creative exchanges, bringing people together with diverse ages and abilities, moving between the roles of choreographer, teacher and collaborator. Gemma is the Quality Assurance Officer for RADiate, a dance programme in SEN primary schools and she is a lecturer at the University of Brighton on the Inclusive Arts Practice Masters course.

## **Guy Burden, ARAD, National Diploma in Professional Dance, BA (Hons), PGCE with QTS**

*Exploring Repertoire in Ballet Teaching*



Guy currently teaches across a range of university-validated and RAD-validated programmes of study offered by Faculty of Education. Guy trained at both The Royal Ballet School and Elmhurst Ballet School. Throughout his time at Elmhurst, Guy danced with Birmingham Royal Ballet in venues throughout the UK as well as touring internationally. Upon graduation, he danced as a soloist with the Vanemuine Teater Ballet (Estonia) and with English National Ballet. Guy completed his Post Graduate Certificate in Education, specialising in Secondary Dance in 2012, and has since enjoyed working in both public and private dance education sectors. Guy is currently completing his Masters in Education at the University of Bath.

## **Helen Linkenbath, Masters of Teaching [Dance], ARAD, RAD RTS**

*Enhancing Silver Swans® Provision*



Helen trained in classical ballet and contemporary dance at the McDonald College of the Performing Arts in Sydney, Australia. A qualified and registered RAD teacher, Helen was Director of her own school in New South Wales, Australia, from 1994 to 2006. Helen completed a Graduate Diploma in Choreography in 2008 (Victorian College of the Arts, Melbourne) and is a graduate of the RAD's BA in Dance Education and Masters of Teaching (Dance) programmes. Helen has worked for the Faculty of Education as a tutor and Lecturer in Dance Studies in various capacities since 2007. She was one of the six specialist dance teachers who worked with groups of older dancers as a part of the RAD's Dance for Lifelong Wellbeing project and is currently a tutor for the RAD's Silver Swans® teacher training initiative and various online CPD courses, alongside her work as Director of Dance at Brighton College.

### **Hilary Clark, ARAD (Dip. PDTC), RAD RTS**

*Pointe Work: From Beginners and Beyond*



Hilary trained at Rambert School and after graduation joined Scottish Ballet, performing in all the major classics and new works with the main company and Educational Unit. Hilary then toured extensively with London City Ballet before graduating with Honours from the Professional Dancer's Teaching Course at the Royal Academy of Dance.

Hilary has extensive teaching experience, held the post of Assistant Director and teacher at Rambert School of Ballet and Contemporary Dance, taught at Elmhurst, Laine Theatre Arts and at the RAD Dance School and Central School of Ballet where she continues to teach. Hilary has taught the 'onstage' class of The Phyllis Bedells Bursary as well as The Genée International Competition. Additionally Hilary coached and twice produced the competition.

### **Jennifer Hale, BA (Hons), LRAD**

*RAD Syllabi Grade 1 and Intermediate Classes and Observations*



Jenny completed her vocational teacher training at the College of the Royal Academy of Dance, London (now Faculty of Education). Since 1999, she has worked as a freelance ballet teacher for several schools in the greater London area including the RAD Dance School. She is currently on the faculty at Tring Park School for the Performing Arts, Hertfordshire where she coaches the RAD vocational syllabi.

She joined the RAD Panel of Examiners in 2006 and became a Solo Seal Examiner and Standardisation Examiner in 2016. In September 2017, she was appointed as Chief Examiner.

### **Justine Berry, ARAD, PDTD, RAD RTS, PGCE (Learning & Teaching in Arts & Design), MA**

*Foundation and Progressions of Classical Ballet Technique and Insight into Solo Seal*



Justine joined London City Ballet at the age of seventeen and went on to enjoy a performing career spanning 18 years. While still dancing, she graduated from the Professional Dancer's Teaching Diploma with Distinction.

Justine has taught for English National Ballet School, Central School of Ballet, Rambert School of Ballet and Contemporary Dance, Tring Park, Laine Theatre Arts, The Urdang Academy, The Place, Laban, BBO Scholars, the RAD Dance School, as an anatomy lecturer and ballet teacher at London Studio Centre and Ballet Mistress for companies such as Ballet Ireland, Lisbon Dance Company, and European Ballet.

In addition to her regular work for the BA (Hons) in Ballet Education programme at the Royal Academy of Dance and Laine Theatre Arts, Justine is the Programme Manager for the Professional Dancers' Teaching Diploma. She is also a tutor for the Royal Ballet School's Inspire Seminars and teaches on their Easter and Summer schools. Justine is a former Chairman of the London and Middlesex Regional Advisory Board and a current Trustee of the Academy.

## **Lucy Start, DTLS**

### *Psychology for Dancers*



Lucy Start is an ex-professional, classically trained dancer who retrained as a dance educator and has been teaching dance for the past fifteen years in the private and public sectors. As part of her professional role she has developed courses, choreographed countless productions and lectured at Move It Dance Convention.

## **Dr Michelle Groves, EdD, MA, BSc(Hons), BPhil (Hons)**

### *Enhancing Silver Swans® Provision*



Michelle is the Director of Education at the Royal Academy of Dance. Michelle has extensive experience in teaching ballet and dance in private and vocational training schools as well as compulsory and post-compulsory sectors. She has also lectured in psychology, child development and education studies across a number of teacher training programmes.

As Director of Education, Michelle provides strategic leadership for the Faculty of Education and CPD for dance teachers, working closely with tutors, students and administrators in developing and promoting the business of the Faculty of Education and professional development opportunities for dance teachers.

Having been awarded a Doctor of Education from UCL Institute of Education, Michelle's research interest is in how new and experienced dance teachers articulate their professional identities over time, space and practice, and in supporting dance teachers as practitioner-researchers.

## **Nico Kolokythas, ASCC, MSc, PhD Candidate**

### *Mental Health and Wellbeing*



Nico Kolokythas is an accredited coach from the UK Strength and Conditioning Association (UKSCA) and has over 10 years' experience in adolescent strength and conditioning in elite performance and professional dancers/athletes. Based at Elmhurst Ballet School, he is currently completing a PhD in strength and conditioning for dancers focusing on the effect of supplementary training on injuries and performance, and works as a consultant for Birmingham Royal Ballet.

## **Richard Norman, FRSA**

### *Enhancing Silver Swans® Provision*



For the past decade, Richard has worked to advance community connectivity, reduce isolation, develop networks and raise awareness of implicit bias in relation to age.

In the spring of 2018, Richard was invited to fellowship at The RSA; "in recognition of (his) work in supporting and advocating for the rights of older people, and creating positive change in society's relationship with older people".

The current focus of his activity is the promotion of positive ageing and the facilitation of attitude change.

Richard is the Age Allies Programme lead for Age UK London.

## **Richard Thom, BA (Hons), DChA, FCA, FRAD**

### *Dance Matters!*



Richard trained as a Chartered Accountant and has an honours degree in Business and Administration, majoring in Finance from the University of Portsmouth and a Diploma in Charity Accounting from the ICAEW. He is a Fellow of both the Institute of Chartered Accountants in England and Wales and the Royal Academy of Dance.

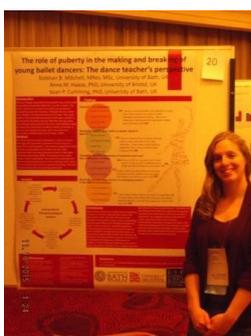
Following his initial training, Richard worked in a number of sectors and countries (audit, London; oil, Saudi Arabia; shipping, Japan; automobiles, Guam) before becoming, in 1988, Director of Finance and Administration for the Royal Academy of Dance, a position he held for 27 years.

During this time and in addition to his main responsibilities, he engaged in delivering initial and continuing professional development to students, teachers and members through business courses, lectures and conferences; wrote a booklet "From Ballet to Business", published articles in the Dance Gazette Supplement, Dancing Times and the business press; and developed and wrote a series of membership Business Briefings.

He has recently published *Dance into Business®* (RAD shop and amazon.co.uk), a how-to-guide for dance students, teachers and professionals contemplating a move into business, growing an existing one or simply acquiring knowledge for the future.

## **Dr Siobhan Mitchell**

### *Mental Health and Wellbeing*



Siobhan trained vocationally as a dancer before completing a BA Hons in Dance Studies (University of Roehampton), an MSc in Dance Science (Trinity Laban Conservatoire of Music and Dance) and an MRes in Health and Wellbeing (University of Bath). Awarded a full ESRC studentship in 2014, Siobhan completed her doctorate in 2018 and currently works as a postdoctoral researcher in Child and Adolescent Health at the University of Exeter. Siobhan's doctoral research explored the psychological and social implications of early and late maturation in young ballet dancers. Her

research interests are in child and adolescent development and Siobhan is active in research both within dance and in public health. Siobhan is passionate about education in the area of adolescent development and regularly delivers workshops for dance teachers, dance students and parents of young dancers.

**Suzanne Astley, AISTD, LBBO, DIP Arts, BA Hons, QTS, MA**

*Enhancing Silver Swans® Provision*



Suzanne is currently a Lecturer of Dance Education at the Royal Academy of Dance, a Somatic Movement Educator and Dance Artist. She initially achieved a scholarship at a young age for the Royal Ballet culminating in an MA in Contemporary Dance, Somatics and Wellbeing at University of Central Lancashire. Her expertise within teaching has been acquired from her work in community settings and primary, secondary, FE and HE education spanning over 30 years. Suzanne has recently worked as lead artist with Pioneer Projects based in Yorkshire, Neuro Drop-in Centre, Lancaster and Parkinson's UK, supporting and facilitating projects working with people living with Dementia and Parkinson's and other Neurological conditions. She was involved in an

innovative project called 'Bridging the Gap' (Pioneer Projects) held in a group of care homes to lead workshops and train care home activity workers.

**Terry Hyde, MA, MBACP**

*Mental Health and Wellbeing*



Terry started dancing at age six, joining the Royal Ballet age 18. He moved to London's Festival Ballet (now English National Ballet) as a soloist and performed in West End musicals, film and TV.

Terry attained an MA in Psychotherapy validated by Middlesex University in 2012 and in 2017 set up the website, [www.counsellingfordancers.com](http://www.counsellingfordancers.com), specifically to address the mental health needs of dancers. Terry is in a unique position to understand the mental health needs of dancers and uses that, not only in his one to one therapy sessions, but also in his mental health self-care workshops.

**Thérèse Cantine, ARAD (Dip. PDTC), RAD RTS**

*Discovering Repertoire Level 2, Level 3, and Level 4 (Male and Female)*



Thérèse trained at the Royal Ballet School, The Rambert School of Ballet and with Maria Fay. She danced professionally for many years, and after performing as a soloist in Essen, Germany and for Northern Ballet Theatre, retrained as a teacher on the Professional Dancer's Teaching Course. Thérèse taught at Elmhurst Ballet School, becoming their Deputy Head of Dance, then for 25 years at the Rambert School of Ballet and Contemporary Dance, the last five years as their Deputy Artistic Director.

Thérèse has been an Examiner for the Royal Academy of Dance since 1992, and teaches, tutors and examines worldwide, and she is a Trustee of the Royal Academy of Dance and a consultant for the Council for Dance, Drama and Musical Theatre. Thérèse developed the revised *Discovering Repertoire* CPD courses.

## **Tina Zubovic, MTeach**

### *Exploring Repertoire in Ballet Teaching*



Tina joined the RAD in October 2017 and teaches across a range of academic and practical modules across undergraduate, postgraduate and professional programmes. Prior to working in the field of education, Tina danced professionally with the Croatian National Theatre in Zagreb and Rijeka. For the past ten years, Tina was the Head of the Ballet Department, teacher, and choreographer in a vocational ballet school in Rijeka, Croatia. She was also teaching ballet company classes at the Croatian National Theatre in Rijeka. As a Lecturer in Dance Studies, Tina provides supervision for trainee teachers on professional placements; supervises student dissertations; sets, marks and monitors module assignments in ballet and dance education. She is also a PhD candidate at Lancaster University, UK.