

Modules & Learning Outcomes

AUGUST 8: MODULE 1 : FACULTY ALIGNMENT & VALUES

Participants will:

- Establish personal leadership values
- Align studio vision & values
- Create a teaching manifesto to be shared
- Identify personal teaching goals for the season

AUGUST 8: MODULE 2 : COGNITIVE STAGES OF ADOLESCENT DANCERS

Participants will:

- Be introduced to the developmental brain stages of children
- Study the impacts of each stages within dance students
- Demonstrate an understanding of the limbic system and the prefrontal cortex
- Incorporate the concept interoception and integrate techniques into class plans
- Learn the most effective teaching methodologies within the ages categories

AUGUST 8: MODULE 3 : GROWTH & GRIT

Participants will:

- Learn and deconstruct Carol Dweck's Growth Mindset model
- Learn applicable tools and techniques within dance pedagogy
- Understand Angela Duckworth's GRIT research, framework, and application
- Create personal implementation plan within various cognitive stages and seasonal focus

AUGUST 9: MODULE 4 : GOAL SETTING 101

Participants will:

- Learn the various types and approaches to goal setting
- Establish what works within dance class plans and the studio culture
- Identify goals and measurements for the upcoming months
- Explore how to measure & track goals within an intrinsically motivated model

AUGUST 9: MODULE 5 : RESILIENCE & RESILIENT FACILITATIVE ENVIRONMENTS

Participants will:

- Be introduced to Dr. Karen Reivich's research and techniques for psychological resilience
- Explore the 8 pillars of resilience
- Study the factors of creating resilient facilitative environments and training conditions via researcher's Fletcher & Sarkar
- Learn the non-negotiable fundamentals of recovery and well-being

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AUGUST 9: MODULE 6 : MANAGING EMOTIONS

Participants will:

- Study emotional literacy and emotion coaching
- Learn tactics and technique for physiological and psychological waves
- Identifying and practicing communication techniques to foster safety and understanding for the faculty and dance studio community members
- Demonstrate an understanding of the somatization of emotions in both daily training and competition environments

AUGUST 10: MODULE 7 : STRESS AND ENERGY REGULATION

Participants will:

- Understand different types of stress and the impact on the brain, body and performance
- Identify contributors and triggers within personal approaches and the dancers environment
- Learn techniques and mindfulness approaches to self regulate, manage, and support themselves and the dancers
- Use and implement the MEPSS model of well-being

AUGUST 10: MODULE 8 : FEEDBACK & SKILL ACQUISITION

Participants will:

- Learn the different types of feedback
- Understand the impact of feedback and timing
- Learn effective communication strategies
- Identify the relationships between feedback and creativity
- Know how to enhance skill development through timing, tone, and senses

AUGUST 10: MODULE 9: CONFIDENCE & STRENGTHS BASED TEACHING

Participants will:

- Learn a strengths-based educational approach
- Identify and receive language for feedback and corrections
- Receive tools for aiding dancers to identify and build on their strengths
- Explore opportunities within leadership and teaching pedagogy

SEPTEMBER 25: MODULE 10 : TEAM CONNECTION

Participants will:

- Learn the fundamentals of team building and bonding
- Explore team dynamics
- Review team DNA and create an implementation plan
- Practice team bonding exercises for both the leadership and dance teams withlauren.ca

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OCTOBER 30: MODULE 11: CLASSROOM HABITS

Participants will:

- Be introduced to team and culture DNA (do not alter)
- Learn *Upstream* principles
- Connect personal class habits with training outcomes
- Identify studio culture values and habits that support implementation

NOVEMBER 27: MODULE 12: MOTIVATION

Participants will:

- Learn Deci & Ryan's research of autonomy, relatedness, and competence
- Explore intrinsic and extrinsic influencers of motivation
- Identify personal motivators and influences
- Create motivational options within their class and choreography times

DECEMBER 11: MODULE 13 : GROWING FORWARD

Participants will:

- Be examined on their mental skills knowledge
- Share their key learning objectives
- Present personal growth moments and influential course practices that they will continue to grow

Evaluation:

Assessment 1: Participation in 75% of the classes

Assessment 2: Completion of homework – reflective practice and skill implementation

Assessment 3: Course Project: Mental skills integration into a dance class or leadership role.

- Create a lesson or leadership plan with a research-based mental skill focus
- Execute and reflect on the process, any observations from both the teacher, dancer or parents perspectives, and identify opportunities for growth
- Submit the plan prior to execution and offer reflections post-project

Assessment 4: Multiple choice, graded course exam completed online