

LIMITLESS. INCLUSIVE. LOVE.

# A MINDFUL APPROACH TO DANCE EDUCATION



WEEK  
1

## TOPIC OF THE WEEK - WELCOME & INTRODUCTION

**Skills Being Developed:** Deep reflection & introspection of prior teaching experience

**Overall Outcome:** Big picture view re: teaching goals & understanding of BAMDs philosophy

WEEK  
2

## TOPIC OF THE WEEK - VALUES DISCOVERY

**Skills Being Developed:** Curiosity & discernment re choosing values

**Overall Outcome:** Clarity of personal & teaching values + Elevator pitch

WEEK  
3

## TOPIC OF THE WEEK - INTRODUCTION TO INCLUSION & ACCESSIBILITY

**Skills Being Developed:** Ability to sit in discomfort & take accountability

**Overall Outcome:** Confidence in holding space for tough conversations

WEEK  
4

## TOPIC OF THE WEEK - INTRODUCTION TO FEEDBACK

**Skills Being Developed:** Confidence in using voice & ability to sit in silence

**Overall Outcome:** Ability to give and receive empowered feedback grounded in values

WEEK  
5

## TOPIC OF THE WEEK - WHY DISCOVERY

**Skills Being Developed:** Tap into inspiration and childhood experiences

**Overall Outcome:** True understanding of personal and professional IMPACT & CONTRIBUTION

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WEEK 6

## TOPIC OF THE WEEK - CLASS STRUCTURE & LESSON PLANNING

**Skills Being Developed:** Analytical + creative + innovative mindset

**Overall Outcome:** Create personalized lesson plan aligned with values

WEEK 7

## TOPIC OF THE WEEK - CLASS MANAGEMENT & ENCOURAGEMENT

**Skills Being Developed:** Introspection from childhood & leadership

**Overall Outcome:** Set expectations, take full ownership & create environment of trust

WEEK 8

## TOPIC OF THE WEEK - CREATING & TEACHING CHOREOGRAPHY

**Skills Being Developed:** Unplugging from distraction & mindfulness

**Overall Outcome:** Draw from a list of tips and tricks for engaged participation

WEEK 9

## TOPIC OF THE WEEK - ENHANCING THE ENERGY

**Skills Being Developed:** Enjoyment for teaching & cultivating connection

**Overall Outcome:** Feel confident in maintaining and adapting lesson plans for different groups of students

WEEK 10

## TOPIC OF THE WEEK - WRAP UP & REFLECTION

**Skills Being Developed:** Deep reflection & introspection of current teaching capabilities

**Overall Outcome:** Walk away feeling confident and competent in creating inclusive dance spaces.