

Dance Easy Move Free

Schani Cave
202 Caxton Street
Sunnyhill
Derby
DE23 1RJ

Educational Background

Since completing a BA (Hons) Dance Degree at Bretton Hall College University in Wakefield in 1998, where I studied modules in Performance, The roles of music in dance, Community dance work, Choreography, Technique and Collaborative work, I continued my professional development on various certified and non certified courses.

I have the following certificates:

Pilates Foundation Matwork Teacher (Working with Specialist Populations including Pre and Post natal women, Older People and medical conditions such as Scoliosis and Spondylolisthesis , Using small apparatus, Anatomy and Physiology, Contraindications to exercise, Health and Safety, Principles and Practice)

Itec level 3 Holistic Massage (Massage practice, History of massage, Anatomy and Physiology, Business skills)

OCN 3 Leading Dance with Older People (modules included Key principles when working with Older People, Dance in the community, Health and Safety with Older People, People skills, Making Dance, Developing a dance programme with Older Adults)

OCN 2 Mentoring Young People (mentoring skills, boundary setting, confidentiality, contractual agreements, action planning, disability awareness)

OCN 2 BSL Sign Language (Communicating with Deaf People, Deaf story telling)
European Computer Driving Licence (Word processing, spreadsheets, database, PowerPoint, Internet)

OCR Desktop Publishing

City and Guilds Certificate in Teaching Adult Learners (7307) Stage 1 (Schemes of work, Lesson planning, Student assessment, Access needs, Resources/Handouts)

BTEC Foundation in Dance Movement Therapy (Body Language, Makaton Signing, Mask making, Individual and group dynamics, Therapeutic processes).

To complement these certificates I hold:

Current Foundation certificate in Health and Safety in the Workplace

Level 2 certificate in Risk Assessment

Full First Aid at Work certificate

A certificate of introduction to the safe use of hoists.

The non certified courses include:

Moving on Summer Schools,

The Moving Forward 2 programme (Leading Dance with Older People, Movement work with Adults with Learning Disabilities),

Impact training (Working with Mental Illnesses, Reminiscence Workshop, Working in Older Peoples Settings, Creative movement with young children),
Jabadao Introduction to Movement Play,

Foundation for Community Dance/Jabadao Duty of Care course (Effects of exercise, General Mental Health, Safe practice in Elderly Settings and Heart and Breathing issues),

Introduction to Soundbeam,

NDTA course in Physical Theatre: Investing meaning in movement,

Dance on Film for people with Learning Disabilities,

Introduction to Digital Photography,

Dance Movement Photography with Hilary Shedel,

Budgeting with Excel, writing for business (reports, funding),

an Introduction to Project Management course with Dance Manager, Gwen Van Spijk

TOPs:Dance Inset Teacher Training Course

Project Co-ordinator course with Diane Amans

Breathing Space with Helen Poynor and Miranda Tufnell

Creative Body ; Creative Mind (Malta).

Train the Trainer with Alistair Smith

Scope disability equality training: Train the Trainer

In addition to the above courses I have completed two post graduate pilot courses. These are a Post Graduate Certificate for Dance Artists in Education, for dancers working in educational contexts and Arts Work with People, for artists working with people with disabilities in care/residential settings.

I have also shadowed the following leaders in the fields of dance, disability and Older People: Louise Collinson, Wolfgang Stange, Louise Katerega, Salamanda Tandem, Annie Delin and Liz Clark.

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