Workshop 1: MY MIND IS MY SUPERPOWER!

Ages 7-12 | 60 Minutes

Brave Thoughts • Big Feelings • Confidence • Kindness • Bouncing Back

An interactive workshop helping young dancers build the **mindset skills behind confident, resilient dancing**.

Parents will also gain practical insight, tools, and simple language they can use at home to reinforce their dancer's confidence, emotional regulation, positive self-talk, and resilience.

Dancers will explore how to:

- Build confidence through effort and trying hard things
- Develop a supportive inner voice
- Navigate mistakes and big emotions
- Manage nerves using simple mindfulness tools
- Bounce back when things don't go as planned
- Celebrate and support other dancers without comparison

Dancers leave with practical tools, memorable language, and the reminder that they are capable of hard things, both in dance and in life.

Workshop 2: THE MENTAL GAME: TRAINING YOUR MIND LIKE YOU TRAIN YOUR BODY

Ages 13+ | 60 Minutes

Confidence • Resilience • Self-Talk • Pressure • Mindfulness

A interactive workshop designed to help teen dancers develop the **mental skills that support performance, growth, and confidence**.

Parents will also gain practical insight, tools, and simple language they can use at home to reinforce their dancer's confidence, emotional regulation, positive self-talk, and resilience.

Dancers will explore:

- Comparison, perfectionism, and self-doubt
- Developing realistic, supportive self-talk
- Building confidence by doing hard things
- Responding to corrections, mistakes, and setbacks
- Managing performance pressure and nerves
- Using mindfulness and grounding to stay present
- Defining success beyond scores, placements, and outcomes

Because dancers train their bodies every week, this workshop teaches them how to train their minds, too.

Workshop 3: THE TEACHER'S MINDSET: BUILDING CONFIDENT, RESILIENT & MENTALLY STRONG DANCERS

Dance Educators | 60 Minutes

Confidence • Resilience • Communication • Emotional Regulation • Psychological Safety

An interactive professional-development workshop designed to help dance teachers understand the**psychological impact of the everyday teaching environment** and the role they play in developing dancers who are confident, resilient, and mentally strong.

Teachers will also gain practical strategies to support their own emotional regulation, resilience, and well-being, while exploring how these skills can strengthen the way they show up for their dancers.

Teachers will explore how to:

- Build confidence through challenge, growth, and meaningful feedback
- Correct dancers without creating shame or damaging self-worth
- Help dancers navigate mistakes, setbacks, comparison, and disappointment
- Use language that supports healthy self-talk and resilience
- Recognize when a dancer may be overwhelmed and support emotional regulation
- Create a studio environment where dancers can be challenged, make mistakes, and still feel valued
- Teach dancers how to manage pressure, nerves, and performance expectations

- Balance high standards with psychological safety and connection

Because dance teachers don't just teach dancers how to move, they help shape how dancers think, respond to challenges, and see themselves.