

Beyond Syllabus – Online Conference 2022 – Timetable

Saturday 9th April

10.00am - 10.15am **Welcome from bbodance Joint CEO Julie Bowers**

10.15am – 11.15am **“Changing Mindsets – attitude, not aptitude determines altitude” with Karen Berry**

Schools, teachers and dancers alike all seek answers as to how to train for success. What training programme is the best? What separates the able from the elite and why do some fail when others succeed? Karen will share some ideas on how to develop a positive mind state in your students as well as yourself helping to enable a positive and effective training environment.

Coffee Break

11.45am – 1.00pm **“Transition” with Iain McKay**

Join Iain and hear him speak about his life as a professional dancer, moving onto the role of Art Director at Yorkshire Ballet Seminars, then studying for his Level 5 Teaching Qualification with bbodance and now in his new role at Royal Ballet School.

Lunch

2.00pm – 3.15pm **“Lifting the lid on Musical Theatre” with Matthew Malthouse**

Matthew will explore the changes happening within professional Musical Theatre training and the Musical theatre industry. He will discuss the changing landscape of modern musical theatre and what that means to students wishing to pursue a career. Plus look at what dance teachers can do to help their students to achieve their goals.

With so many schools and course options now available to young performers. Matthew will look at what to consider and how you can narrow down your search. Included in this section will be audition preparation. What are the common mistakes students make and what can you do, to help your student stand out? He will also discuss the other career paths available within the musical theatre industry that aren't performance based.

Tea Break

3.45pm – 5.00pm **“Supplementary Conditioning: insights and applications” with Katy Chambers**

Katy will discuss Pilates informed approaches to supporting dancers to prepare for and optimise performance as well as reduce injury risk. This session will involve discussion, practical elements and Q&A.

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Sunday 10th April

10.00am - 11.15am

“Introduction to mental health and well-being in dance student for teachers” with Dr Caz Nahman

Thoughts on body image, self-harm and disordered eating with some tips for teachers. We will also discuss competitiveness, perfectionism and comparison between students.

Coffee Break

11.45am – 1.00pm

“Empowering learning through creative research-based teaching” with Anita Wadsworth

A playful and collaborative session about resources we can use in both for online and offline dance teaching. Together we will investigate and invent from a range of tools - from apps and sound recorders to feathers and string - that enable our students to become confident, creative and independent learners.

Lunch

2.00pm – 3.15pm

“Creating a Motivational Climate in the Studio” with Paul Doyle

During this session Paul Doyle (MSc Sport and Exercise Science) will explore the effect and impact the studio environment can have on students. Paul will discuss how teachers help shape this and how this can have both negative and positive effects on your dancers. We will look at a model on how to create a positive and mastery-based climate in our studios. There will be group discussions and a chance to ask questions throughout the session.

Tea Break

3.45pm – 5.00pm

“You Come First” with Sarah Gittins

In a world where there is no off button it has become increasingly important to find balance between life, business, growth and your dreams. 'You come first' deals with the mindset and planning that goes on in the backstage of your business. The why and how you can make your business thrive, without losing you.