

TQ faculty



Anita Wadsworth has a wide range of dance teaching experience in both FE and HE alongside extensive work with community groups. She has trained and performed with **Springs Dance Company** where she also developed a range of inclusive teaching strategies. While a Lecturer in Dance Education at the Royal Academy of Dance, she also managed and taught on the successful Step into Dance Programme. In 2013, Anita co-created **SLiDE Dance Company** to create dance events and performances for everyone.

Anita currently lectures in dance history and theory at **The Urdang Academy** whilst developing her own art practice. Since gaining her MA in Choreography at **TrinityLaban**, this work has spanned a range of contexts, from storytelling to one to one performance, all with a core interest in the movement of the performer as well as the audience.

Anita has a keen interest in mental health and well-being for dance teachers and artists, exploring strategies of care and resilience when working across the dance education sector.