

# Amanda Blair MacDonald

## MFA, M.AmSAT, R-MPA

507 Kin Court, Wilmette, IL 60091 | 312.823.2224 | abmacd53@gmail.com  
www.AmandaBlairMacDonald.com

### **Teaching Artist, Professional Development Leader, Community Builder Specializing in Movement and the Brain**

Enthusiastic professional educator with keen observation skills and the ability to connect one-on-one with a wide variety of students and colleagues. Committed to teaching practical skills to support robust, authentic self-expression, self-mastery, and confidence.  
Trauma-Informed. Brain-Compatible. Anti-Racist. Life-long Learner.

### **Areas of Expertise**

*Alexander Technique – Laban/Movement Pattern Analysis – Brain Compatible Pedagogy*  
Freeing breath and voice - *Transforming performance anxiety* - Postural Assessment  
*Developmental Movement* - Movement Improvisation - *Anatomy and Kinesiology*  
Creating physical character - *Hanya Holm's floor series* – Audition prep

### **Education and Credentials**

**Registered Movement Pattern Analyst**, January 2019  
The Warren Lamb Trust

**MFA in Dance**, August 2017  
Focus on Somatic Movement  
University of Wisconsin, Milwaukee

**AmSAT Certified Alexander Technique Teacher**, June 2006  
3-year / 1600-hour course  
The Dimon Institute, NYC

**Professional Certificate in Musical Theatre Performance**, October 1993  
2-year conservatory training program  
The American Musical and Dramatic Academy, NYC

**BA in Theatre Arts and Speech**, May 1991  
Concentration in Music  
The University of the South, Sewanee, TN

### **Professional Memberships**

The American Society for the Alexander Technique (AmSAT)  
Warren Lamb Trust (WLT)

Association of Theatre Movement Educators (ATME)

Association for Theatre in Higher Education (ATHE)

National Dance Education Organization (NDEO)

## **University/Conservatory Teaching Experience**

### **The School of Music at DePaul University, Chicago 2019 – present**

- Alexander Technique, Level 1 and Level 2
- Discover Chicago Music Scenes: First Year Immersion Class 2022, 2023

### **Chicago College of Performing Arts, Roosevelt University, Chicago**

- M.A. in Theatre Directing: THAR 407 Body Training: Laban, Lamb, Alexander Technique, Brain-Compatible Lesson Planning, Summer Intensive 2023
- Undergraduate and Graduate CCPA students: PERF 308/441: Alexander Technique for Performing Artists, 2023-24

### **The Theatre School at DePaul University, Chicago 2018 – present**

- Substitute for BFA and MFA movement classes and voice classes
- Monthly 1:1 Alexander Technique Lessons through Take Care DePaul 2019-2020

### **UIC: The University of Illinois, Chicago School of Theatre and Music Spring 2023, Spring 2024**

- BFA Movement III: Somatics: Laban, Bartenieff, Lamb, and Alexander Technique

### **The American Academy of Dramatic Arts, NYC, 2002 - 2008**

- Created a movement curriculum that included Alexander Technique, creating physical character, acting through dance, movement support for needs in voice and singing classes, social dance styles for plays, standard ballet / jazz warm up, and auditioning skills
- Assessed each student's posture and movement at the beginning of term, collaborated with faculty teams to evaluate each student's needs, and enacted individualized plans of instruction
- Sole movement instructor for graduating year students (2005 - 2008)
- Reported end-of-term grades and recommendations for advancement for each student
- Acted as consultant to the Director of Instruction to incorporate Alexander Technique into the overall curriculum, after which AADA created an Alexander department.

### **The New School University, NYC – Summer Musical Theatre Immersion Experience “Smitty” 2006-7**

- Dance Coordinator and Teacher
- Created dance curriculum for undergraduate and young adults
- Hired and trained teachers and assistants
- Organized and conducted simulated auditions and showcase performances

### **The American Musical and Dramatic Academy (AMDA), NYC, 2004 - 2008**

- Taught the theatre dance curriculum and floor series created by Harry Woolever (longtime assistant to Hanya Holm and founding faculty member of AMDA)
- Trained other teachers to teach floor series and other aspects of dance curriculum
- Taught various levels of Theatre Dance, Jazz, Tap and Ballet
- Led group performances during semester final demonstrations
- Assisted in the creation of a training video for West Coast faculty
- Reported end-of-term grades and recommendations for advancement for each student

## **Alexander Technique Private Practice** June 2006 – Present

- Private Lessons, Group Classes, AT Teacher Workshops, and Professional Presentations
- March 2019 – July 2021 all teaching moved online during COVID-19 pandemic
- Helped other teachers move their teaching online
- Currently offer in-person, live online, and video based online offerings

## **Private Practice Online Classes and Workshops** March 2020 – Present

### **Alexander Technique Reading Group Weekly**, March 2020 – December 2022

- Coordinator and co-teacher, reading out loud and discussion

### **MPA Pop Up Observation and Coding**, June 2022

- Collaborative Professional Development Session

### **Alexander Technique for Teachers 16-week Class**, Oct 2021 – Feb 2022

- How to combine games, etudes, exercises, and developmental movement for group classes

### **Alexander Technique Self-Guided Summer Rejuvenation Video Course**, July – Aug 2021

6-weeks / 30 Daily Videos for AT Self-Study

### **Weekly Ongoing Small Group Class on Mondays**

- **Body Wisdom**, January – June 2021
- **Alexander for Anxious Times**, March – December 2020

### **Take A Break: Wednesday Drop-In Class**, April 2020 – June 2021

- 30-minute lunchtime meditative movement to refresh and reset

### **Online Class Series developed and co-taught with Sarah Mayhan**, March 2020 – March 2021

- **Slow Yoga with Amanda and Sarah: 4-week series**, Feb 2021, March 2021
- **New Year's Resolution: Tune Up Your Workout 8-Week Series**, Jan – Feb 2021
- **Tune Up Your Practice: AT for Yoga: 4-week series**, Jan 2021
- **MiA Holiday Yoga for Self-Care: 5-week series**, Nov-Dec 2020
- **Mindfulness in Action: 8-Week Series**, offered 3x: April, June, and Sept 2020
- **One Night Intro to Alexander Technique**, March and June 2020

## **Studio Teaching Experience**

### **Chicago Lights Dance Academy**, Chicago, IL, July 2017 to July 2022

- Curriculum Consultant and Professional Development for Teaching Artists providing multiple teacher workshops, pedagogy training, and lesson plan structures and tracking forms
- Production Manager - Summer Dance Intensive 2018 and 2019
- Teaching Artist and Choreographer at multiple Chicago Public elementary and middle schools

### **Visceral Dance Studio, Chicago, IL, Spring 2016**

- Movement Improvisation Workshop (6-Week series)
- Age 18 and up, dancers and non-dancers
- Taught improvisation structures from various practices including: Viewpoints, Body Mind Centering, Butoh, Contact Improv, Grids, Flocking, and more.

### **The Ailey School, NYC, 2003 - 2008**

- Taught Adult Professional Broadway Jazz for the Ailey Extension
- Taught Junior Division Level II Tap, ages 8-12
  - o Directed student teaching assistants and accompanists within the class, conducted parent observations, and created end-of-year concert performances
  - o Evaluated students twice a year and advised program advancement
- Taught First Steps and Bounding Boys program, ages 3-6

### **92<sup>nd</sup> Street Y – Harkness Dance Center, NYC, 2002 - 2006**

- Taught adult beginner and intermediate tap with live accompaniment
- Choreographed for teen “Tap Team” and chaperoned for city wide performances
- Taught elementary level tap, and prepared students to join the “Tap Team”
- Taught combination jazz and tap class for young children

### **Capital Playhouse, Olympia, WA, 1999-2001**

- Staff Choreographer: 18 musicals in three years, Ages 8 to adult
- Dance Teacher: various classes for children and adults
- Organized a high school trip to perform with my theatre company in NYC

### **Dance Spa, Chicago, IL, Nov 2010 to Sept 2011**

- Created, taught, and played guitar for *Tots in Motion*, Levels I & II, a class for toddlers designed to teach musicality, coordination, and movement skills at appropriate developmental levels

### **Christ Church, Winnetka, IL, Oct 2018 to Dec 2019**

- Adult class with themes including: Dancing Through the Decades, Folk Dances from Around the World, Movies and Musicals, Inspired by Art

## **K-12 Teaching Experience**

### **Summer Filmmaking Workshop, Online, May – August 2021**

During the pandemic organized, facilitated, and assisted professional filmmakers to teach a cohort of six middle school students various topics, including:

- Script writing, editing, and formatting
- Character research and preparation
- Camera angles and lighting
- Shot listing and Directing

**Taylorsville High School, Taylorsville, UT, February 2019**

Three Master Classes

- Alexander Technique
- Musical Theatre: Fosse
- Creating Physical Character

**ChiArts Performing Arts High School, Chicago, IL, Spring 2017**

- Substitute teaching in the dance department
- Alexander Technique for dancers
- Conditioning for dancers

**Near North Montessori School, Chicago, IL, Sept 2011 to March 2022**

Full time: Sept 2011 to June 2015,

Part time: Sept 2015 to March 2022

- Designed and taught Developmental Gym, movement fundamentals for ages 2-6, intended to address needs in developmental movement and sensory processing, as well as introduce basic hand eye coordination and ball skills
- Dance Classes for ages 5-12, Curriculum based on Brain Compatible Dance Education as taught by Anne Green Gilbert at Creative Dance Center, Seattle, WA
- Various Afterschool Classes including: Composition, Tap, Musical Theatre, Faculty Movement Class
- Developed a program to train middle school students as dance teaching assistants
- Coordinator of the All-School Dance Concert
- Provided direction and choreography for class plays
- Presented Faculty, Student, and Parent Education workshops
- Volunteered for various school events
- Participated in Diversity Training and various Professional Development lectures
- Developed online courses during COVID19 school closure

**The Joffrey Office of Community Engagement, Chicago, IL, September 2008 to May 2012**

- Taught Middle School Dance Clubs, a program which teaches leadership, teamwork, creativity and self-discipline through student choreography projects
- Taught a residency program for 3 years at Near North Montessori School
  - o Created full length concerts of dances in a variety of styles, edited music, designed programs, and supervised costumes and decorations
- Created curriculum and choreography for 2 arts-integration residencies at Blaine Elementary School in conjunction with the Field Museum, culminating in performances by the students
- Taught the "Bridge" Ballet Program for 1<sup>st</sup> and 2<sup>nd</sup> grade students at Bethune Elementary School, designed to prepare students in underserved communities for auditions for the Joffrey pre-professional program
- Various other residencies around Chicago in both public and private schools

**Keynotes / Public Speaking**

**How We Think is How We Move, Oct 2023**

- The Winnetka Fortnightly

**The Science of Collaboration, May 2021**

- DePaul Faculty Forum Keynote Address, Chicago, IL

### **How We Move is How We Think, April 2019**

- TEDx DePaul, Chicago, IL
- <https://www.youtube.com/watch?v=JqOs22H7Kgs>

## **Conference Presentations**

### **How Does the Chair Affect the Interview? October 2021**

- Movement Pattern Analysis Conference / Warren Lamb Trust

### **How to Plan Your Group Class or Presentation the Brain Compatible Way, June 2021**

- AmSAT Annual Conference

### **Marketing MPA Presentation, October 2019**

- Movement Pattern Analysis Conference / Warren Lamb Trust

### **Name It and Claim It: Teaching Boundary Setting Through Movement, November 2017**

- National Dance Education Organization Conference

### **Intro to Alexander Technique and the Hanya Holm Floor Series**

- National Dance Education Organization Conference, November 2017

### **Alexander Technique Warm Ups and Cool Downs**

- National Dance Education Organization Conference, October 2016

## **Educator Professional Development Workshops**

### **Classroom Management and Using Laban's Concepts, January 2022**

- Professional Development workshop for Chicago Lights Dance Academy

### **Teaching Dance to Young Children, February 2021**

- Professional Development workshop for Chicago Lights Dance Academy

### **New Rhythms: Dance for Health 2-Day Teacher Training Workshop, June 2019**

- Bay Area Parkinson's Support Group, Ashland, WI
  - o Training for teaching dance to people living with Parkinson's
  - o Alexander Technique and Brain-Compatible Lesson Planning for Parkinson's

### **Alexander Technique for Musicians and Music Teachers 4-Day Workshop, May & October 2016**

- Crescendo Academy, Kalamazoo, MI

### **Head Balance for Healthy Movement: Ideas from the Alexander Technique for Teachers**

- Summer Dance Institute for Teachers, Creative Dance Center, Seattle, WA, July 2014
- New Trier High School Dance Department, Winnetka, IL February 2015

### **How to Take Care of Your Back While Taking Care of Your Students, August 2012**

- Staff Development, Near North Montessori School, Chicago, IL

### **BrainDance: Learn to Move, Move to Learn, workshops for teachers**

- Near North Montessori School, Chicago, IL, August 2013
- Oglesby Elementary School, Chicago, IL, January 2014
- Willow Wood Pre-School, Winnetka, IL, February 2015
- Little Saints Pre-School, Grenada, MS, April 2015

## **Corporate Workshops**

### **Alexander Technique for the Workplace**

- Arcelor Mittal USA, May 2015
- Hinshaw and Culbertson, LLP, May 2016

## **Other Workshops and Master Classes**

### **Introduction to Alexander Technique: Outer Shape and Inner Flow, April 2022**

- Northwestern University, MFA in Acting, Chicago, IL

### **Alexander Technique Pop-Up, April 2022**

- Roosevelt University, Chicago College of Performing Arts, Chicago, IL

### **Introduction to BrainDance, April 2021**

- Roosevelt University, Chicago College of Performing Arts, Chicago, IL

### **Clear Your Head to Get Ahead 6-Part Series, Spring 2021**

- DePaul University Health Promotion and Wellness

### **Banishing Zoom Fatigue 8-Part Series, Fall 2020**

- DePaul University Health Promotion and Wellness

### **Banishing Zoom Fatigue Webinar, July 2020**

- Playwrights Guild of Canada

### **Bringing Mind, Spirit, AND Body to Your Faith, December 2019**

- Christ Church Connections Series, Winnetka, IL

### **Alexander Technique and Voice Master Classes, April and October 2018**

- Co-taught with Lisa Lee, Voice for the Whole Singer, Chicago, IL

### **Introduction to the Alexander Technique, October 2018**

- Robbins Headache Clinic, Riverwoods, IL

### **Introduction to the Alexander Technique, October 2016**

- Lake Forest College, Lake Forest, IL

### **Student Anxiety: Movement Solutions for the Classroom, August 2014**

- Workshops for both students and teachers, Near North Montessori School, Chicago, IL

### **Stress Busters: How You Move Can Change Your Mood, February 2014**

- Hip Circle Studio, Evanston, IL

## **Podcast Guest**

### **Getting Down to Business with Mark Mondo, December 2023**

<https://www.podbean.com/ep/pb-7uf42-1532609>

### **Being Your Child's First Teacher, Sept 2022**

- Poised and Powerful Parenting Podcast with Sarah Mayhan  
<https://open.spotify.com/episode/2dOBBPDefJtJV7xK6oJ7mt6>

### **How to Do What You Do, Better, May 2021**

- Body Wisdom Podcast with Tami Bulmash: <https://www.youtube.com/watch?v=lbevDTrB6HQ>

### **Alexander Technique, Movement Pattern Analysis & Developmental Movement, June 2019**

- Body Learning Podcast with Robert Rickover <https://podbay.fm/p/body-learning-the-alexander-technique/e/1561204800>

### **AmSAT Taking Time to Connect online series March 2020 – present**

- Curated, Hosted, and Facilitated **over 60** membership events

In addition, served as presenter or co-presenter for the following topics:

**Big Changes Coming to AmSAT, April 2023**

**AmSAT Working for You: New Features on the AmSAT Website, November 2022**

**Your Elevator Speech, February 2022**

**Promoting Your Practice: Search Engine Optimization Basics, December 2021**

**What's The New Normal: A Community Conversation, October 2021**

**Why Do We Fight and What Can We Do About It? 2-Part Series, March 2021**

**Government Relations and our Statement of Professional Identity, December 2020**

**21-Day Diversity Challenge 4-Part Series, November – December 2020**

**Promoting Your Practice: 5-Part Marketing Series, May – October 2020**

**Membership Town Hall: Reaching Out, Welcoming In, September 2020**

### **Conferences**

#### **The American Society for the Alexander Technique Annual Conference and Business Meeting**

2023 (Online), 2022 (Moderator, Online); 2021 (Presenter, Online); (2020 conference cancelled due to Covid pandemic); 2019 (New York City); 2018 (Chicago); 2015 (Boston); 2014 (Long Beach, CA); 2013 (Volunteer – Chicago)

#### **International Alexander Technique Congress**

2018 (Volunteer: Chicago)

#### **Warren Lamb Trust – every other year**

2019 (presenter -Chicago); 2021 (Presenter - Online)

#### **National Dance Education Organization**

2020 (Virtual), 2018 (San Diego), 2017 (Presenter: San Antonio), 2016 (Presenter: Washington DC), 2015 (Arizona), 2014 (Chicago), 2012 (Los Angeles), 2011 (Minneapolis)

#### **Association of Theatre in Higher Education,**

August 2016 (Chicago)

#### **Association of Theatre Movement Educators,**

August 2016 (Chicago)



## **Performing, Choreography, and Tech (as Amanda Blair MacDonald)**

**Compass Collaborative: A Subtle Point, Salt Lake City, UT, February 2019**

“Unwinding” (Dance Theatre) Choreographer, Writer, and Performer

“This Little Light of Mine” (Dance Theatre with Singing) Co-creator and Performer

**Salt Lake City Fringe Festival: When I Grow Up/Change the Story, August 2018**

(Dance Theatre with Singing) Co-Producer, Choreographer, Performer, Sound Designer

**A Christmas Carol, Mrs. Cratchit, (Musical) Dec. 2015, 2017, 2019, 2022**

Written and Directed by Toby Nicholson, Music and Arrangements by Robert Bowker

Benefit for the Winnetka Community House and Winnetka Children’s Theatre

**Thesis Performance: Change the Story: Girl Messages, (Dance Theatre with Singing) June-July 2017**

Chicago, IL; Kalamazoo, MI; Milwaukee, WI

Producer, Choreographer, Performer, Sound Designer

**The Lakeside Singers, Evanston, IL, 2010 - 2014**

Movement and props consultant for holiday and spring concert series

Production manager/Stage manager for spring concert series 2011

## **Performing – (as Amanda Blair Ellis)**

### **Tours**

Damn Yankees, National	Lola Understudy, Ensemble	NETworks
42nd Street, European	Ensemble	Wolfgang Bocksh
42nd Street, National	Ethel/Lorraine	Troika
Wizard of Oz, National & Korea	Nikko/Choir Captain	Fourquest

### **Regional and Summer Stock**

Sweeney Todd	Beggar Woman	Capital Playhouse
The Rocky Horror Show	Columbia	Capital Playhouse
42nd Street	Peggy Sawyer	Bucks County Playhouse
A Chorus Line	Diana Morales	Pocono Playhouse
Evita	Mistress	Fauquier Playhouse
Phantom (Yestin/Kopit)	Ensemble	Theatre By The Sea
Will Rogers Follies	Ensemble	The Washington Center
Secret Garden	Ensemble	The Washington Center
Christmas in Chocolate Town	Featured Performer	Hershey Entertainment

### **New York**

Heads Carolina, Tails California	Teri	The Triad
George Q	Fawn	Theatre @ St. Clement's
Traveler in the Dark	Glory	TWP/Skydancer Productions
Thanks for Comin' to Joe's	Tina	TWP/Skydancer Productions
Ascension	Margie	Theatre @ St. Clement's
The Best of the West	Featured Performer	Symphony Space
From the Page to the Stage	Featured Performer	York Theatre Company
Down South Medley	Solo Cabaret	Eighty Eights Club

### **Other Performing New York (As Amanda Blair Ellis)**

- A series of concerts and appearances to raise money for the New York Times 9/11 Fund
- Numerous benefits, cabarets, showcases, choral concerts, and private events

## **Choreography**

### **Main Stage and Kids at Play, Capital Playhouse, Olympia, WA**

Crazy For You	Grease	Oklahoma	Fame
Godspell	The Wiz	State Fair	Pajama Game
The Mikado	Sweeney Todd	The King and I	West Side Story
Once On This Island	Rocky Horror Show	Joseph and the ...	Dreamcoat

### **Washington Center for the Performing Arts, Olympia, WA**

Secret Garden	The Wizard of Oz	Will Rogers Follies
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### **Other**

- Various dances for plays, staging for showcases, and choreography for choral concerts
- Group and solo choreography for an evening of dance to the spoken word

## **Other Choreography / Direction / Production Experience (as Amanda Blair Ellis)**

### **New York Financial Writers Association “Financial Follies” Corporate Benefit**

Choreographer, 2002, 2003

Assistant Director, 2005, 2006, 2007

### **TWP/Skydancer Productions: Co-founder & Managing Director**

3 Seasons of Developing Original Works By, For, and About Women

### **House Manager / Assistant House Manager**

Lincoln Center Concert Halls (Alice Tully, Avery Fisher, Kaplan Penthouse)

Walter Reade Theatre, Film Society of Lincoln Center

Director’s Guild of America Theatre, NYC

### **Writer, Producer, Performer, 2003**

*Heads Carolina, Tails California*

A three-woman book cabaret show featuring country music songs

## **Professional Service (as Amanda Blair MacDonald)**

### **DePaul University Adjunct Faculty Advisory Committee, October 2022 – October 2024**

- Communications and Events Sub-Committee

### **Board of Directors Member-at-Large, July 2022 – present**

- American Society for the Alexander Technique

### **Membership Committee Co-Chair, January 2019 Chair, June 2019 – present**

- American Society for the Alexander Technique

### **Curator and Host of “Taking Time to Connect,” March 2020 – present**

- Weekly all-membership Zoom series for the American Society for the Alexander Technique

### **Planning Committee and Onsite Volunteer – International Alexander Congress, August 2018**

- Alexander Technique Affiliated Societies (International Conglomerate)

### **Training Standards and Course Requirements Committee, February 2014 – July 2018**

- American Society for the Alexander Technique

### **Excellence in Teaching Awards Committee, 2022**

- School of Music, DePaul University

### **Board Member, 2012-2015**

- The Lakeside Singers, Evanston, IL

### **Co-founder, Planning Committee, Website Committee, Treasurer, September 2013 – present**

- Chicago Alexander Teachers

## **Other Service**

### **Alumni Arcadian, Alumni Representative at College Fairs, Chicago Area, 2012 - 2015**

- The University of the South, Sewanee, TN

### **Church Choir, 2008 – present**

- Sacred Heart Church Hubbard Woods, Christ Church Winnetka, IL

### **Choir Tour Manager, 2019 – 2023**

- Coordinating fundraising before travel
- Assisting Choir Director with managing bus and plane travel and coordination with various cathedral, hotel, and tour providers during tours in England (Winchester and Canterbury) and the U.S. (Nashville and Boston)

### **Christ Church, Winnetka, IL, 2012 – present**

- Assistant for Stewardship Film Project ,2012
- Confirmation Mentor, 2017 - present
- Christmas Pageant Director, 2022 - present

### **Emcee, Daddy-Daughter Dance; Arts Week provider; and other school events, 2011 – 2020**

- Near North Montessori School, Chicago, IL

## **Continuing Education / Professional Development**

### **TCLP Foundations Class, DePaul University – in progress**

- Part of the Teaching and Learning Certificate Program designed to enhance faculty teaching effectiveness

### **Regenerative Creation Cohort, 2023**

- 12-month facilitated mastermind with Naomi McDougall Jones and Charlene San Jenko

### **Embodiment Facilitated Mastermind**

- Clare Maxwell, 2020-present

### **Positive Discipline for Alexander Teachers**

- Alice Olsher, monthly workshop, Summer and Fall 2021

### **Carrington Spirals, Games, and Exercises with Alice Olsher**

- Three 6-Week Series, Summer 2021, Fall 2021, Winter 2022

### **Racial Equity Through Dance, 2-part series**

- Cultivating Better Tomorrows, February – March 2021

### **Mindfulness-Based Racism Reduction Training, 5-part series**

- Ambient Noise, Fall 2020

### **The Coaching Club, Primal Alexander**

- Mio Morales, 12-Week Series, Spring 2020

### **Alexander in Education, 4-day workshop**

- Sue Merry and Judith Kleinman, The Developing Self, March 2019

**Movement Pattern Analysis Training and Certification, 2017-18**

- The Next Move, Chicago, IL

**Voice Lessons, 2017 to present**

- Lisa Lee, Voice for the Whole Singer, Chicago, IL

**Framework for Integration 2-day workshop**

- Luc Vanier, Elizabeth Johnson, Rebecca Netti-Fiol, Matthew Ventura, August 2018

**Teaching Artists Workshop: Frame. Train. Retain. January 2019**

**Trauma Informed Teaching, April 2018**

- Both Professional Development Workshops provided by Ingenuity, Chicago

**AWARE 9-Month Diversity Training, Academic Year 2016-17**

- Near North Montessori School, Chicago, IL

**Brain Compatible Dance Education and Developmental Movement, Summer 2013 & 2014**

- Summer Dance Institute for Teachers, Creative Dance Center, Seattle, WA

**SEED 10-Month Diversity Training, Academic Year 2013-2014**

- Near North Montessori School, Chicago, IL

**Developmental Domains, Online Course, Spring 2014**

- National Dance Education Association: Online Professional Development Institute

**Leadership and Emotional Intelligence, Online Course, Fall 2013**

- Case Western Reserve via Coursera (Online Division of Stanford University)

**Entrepreneurship, Online Course, Winter 2014**

- University of Maryland via Coursera (Online Division of Stanford University)

**1-week Teacher Refresher Course, June 2012**

- Alexander Technique Center, Urbana, IL
- Senior Teachers Joan and Alex Murray, creators of the Dart Procedures

**60 hours Teaching Yoga for Children ages 5-12, 2011-12**

- Global Family Yoga

**40+ hours Teaching Artist Development Studio, 1st Cohort, May 2011**

- Center for Community Arts Partnerships, Columbia College, Chicago, IL

**Foundations of Dance Education, May 2004**

- 6 Hours of Graduate Credit, Empire State University
- Dance Education Laboratory, 92nd Street Y, NYC

**Pilates Mat Certification, Levels 1 and 2**

- Kane School for Core Integration, NYC, 2003-2004

**Various classes:** *Chicago:* Theatre Unspeakable, Visceral Dance Center, Joel Hall Dancers and Studio, Lou Conte Dance Center. *New York:* Broadway Dance Center (Work Study), Dance Space Center (now

DNA), Sandra Cameron Dance Center (Ballroom), TVI Studios, Michael Howard Studios, and Landmark Education

## **Awards**

### **Certificates of Merit**

American Society for the Alexander Technique, 2021, 2022, 2023

### **Distinguished Service Award**

American Society for the Alexander Technique, June 2020