

AN INVITATION TO STUDY WITH IRENE DOWD IN THE JUNE 2024 TEACHER'S COURSE
EVOLVING EFFECTIVE STRATEGIES FOR MENTORING DANCERS

What IS a mentor? According to the Cambridge English Dictionary, a mentor is “an experienced and trusted person who gives another person advice and help, especially related to work or school over a period of time.” Thus teaching, at its best, IS a form of mentoring. The amount of time isn't necessarily specified – as sometimes a single meeting can be remembered as a very important mentorship.

How does one go about mentoring effectively?

- 1) find out what the other person wants and needs
- 2) be clear about one's own limitations and biases
- 3) determine if there can be common ground
- 4) if that is possible, collaborate in creating a progressed program that has potential to bring the person from their current condition and abilities into one of being able to achieve their goals
- 5) keep intercommunicating so that both you and other person are understanding each other and the reasons for pursuing the chosen path; recognizing the points of disagreement/incomprehension on the way; re-configuring the pathway in acknowledgement of the confusions/discomforts and other impediments, so that new pathways can be formed that goes around these difficulties
- 6) use every possible sensory means of achieving/sustaining clear intercommunication (visual, auditory, tactile, kinesthetic, etc.)
- 7) continually reconsider assumptions/beliefs/theories in order to adapt and change strategies as needed to achieve a common dance goal (which itself might also transform and change)

NOTE: If you want to volunteer as a dancer, allowing us to pursue a brief mentoring process with you, in pursuit of a specific dance goal of your own, please let us know. You will be shown preference if you are able to attend IN PERSON. In any case, you must be willing to be filmed on zoom practicing the strategies that we collaboratively create and practice. Be VERY specific in your description of the dance goal you wish to pursue (e.g., I want to kick leg higher to front while stabilizing my pelvis and spine). We will devise some sort of visible measure of your before/after performance.

This is both a ZOOM and IN-PERSON COURSE

DATES: **Friday June 14 through Sunday June 16, 2024** (three days)

TIME: **2:30 – 5:30 pm daily**

LOCATION OF COURSE: To be announced - probably either at

**NOHO PILATES @ 611 Broadway, Suite 608, New York, NY 10012 (NW CORNER OF
BROADWAY AND HOUSTON ST, ENTRY IS ON BROADWAY)**

OR

**FELDENKRAIS NYC @ 134 W 26th St Second floor, New York, NY 10001 (a very large open
space with room for lots of in-person participants)**

FEE: **\$350** (refundable up until 24 hours before course begins)

NOTE: **each ZOOM class will be available to ALL participants for viewing for 7 days after
workshop (but not longer)**

PRE-REQUISITE: **Intermediate advanced level dance experience, a moderately high level of
fitness, and at least three years professional dance &/or movement teaching experience.** If
you have not participated in the June Teachers course before, communicate with Irene before you
sign up: **email Irene: eidcas@gmail.com or text Irene: 917-710-7447.** You can also
communicate with Irene to gain more information about the course

REGISTRATION: register with and make payment to **Stephen Williams** at: nohostudio@yahoo.com

PAYEMENT: submit payment to **"Stephen Williams"** by **check or PayPal or Venmo**. If making
payment by mail, send to: Stephen Williams at Noho Pilates @ 611 Broadway, Suite 608, NYC
10012