

Issue 16

DANCE  
BOSS



Issue 16  
October 2024  
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Cover: [Geo Rose](#)  
Photo: [@j\\_w\\_cortez](#)

by  
Emily  
Sophie

# WELCOME TO THE DANCE BOSS E-ZINE

DANCE  
BOSS

*"Lose yourself in the  
movement...find yourself  
in the magic"*

*-Emily Sophie  
[@iamemilysophie](#)*

Hi there and welcome to the Dance Boss e-zine.

Inside each issue you'll find an interview with a dance professional, sharing their life experiences, learnings and stories in dance.

Our aim is that by the time you finish reading, you'll feel inspired and motivated to pursue your own goals and dreams-no matter what they are, knowing that if they can do it...so can you!

Be sure to check out our cover stars with their links provided in the interview and remember to share this e-zine with someone who would enjoy it too.

Feel free to come and say hello to me on Instagram at [@iamemilysophie](#)

Be consistent.  
Stay tenacious.  
Always persevere.

Emily Sophie





# CONFESSIONS OF A DANCER

by Emily Sophie



OUT NOW IN KINDLE &  
PAPERBACK ON AMAZON



# NLP

with Kamran Bedi  
[@coachkamranbedi](#)  
[kamranbedi.com](#)  
[mindbodymethod.co.uk](#)

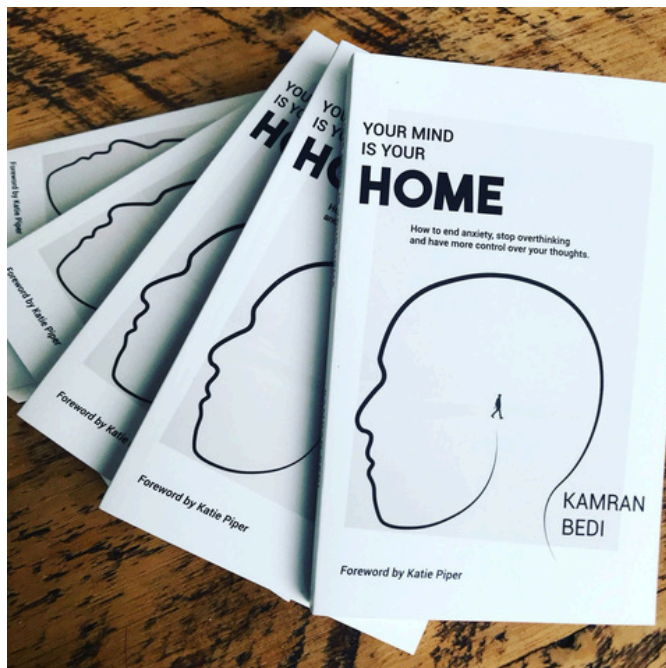
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

This is life changing work and will help you to live your best life possible.

For upcoming dates, please see Kamran's website above.

If you are interested in taking part in one of the above courses, then please email Kamran at [info@kamranbedi.com](mailto:info@kamranbedi.com) to find out more and quote "DANCEBOSS" to get the special discount!

You can also find out more about Kamran's self help book "Your mind is your home" from [www.kamranbedi.com](http://www.kamranbedi.com) (as seen below).



# OCTOBER

*It's your time  
to shine*

# AFFIRMATION



# THIS MONTH WE CHAT TO

GEO  
ROSE

[@HEELS\\_EMPOWERMENT](#)  
[WWW.HEELSEMPowerMENT.COM](http://WWW.HEELSEMPowerMENT.COM)

Hi Geo! Thank you so much for being our October cover star! We'd love to get to know you-can you tell us a bit about yourself and your journey in dance?

Hi Emily! Thank you so much for having me as your October cover star! I'm 27 years old and I'm born and raised in Cardiff.

I have danced all my life as my mum was one of my ballet teachers in the ballet school Mandy Morris school of dance. I pretty much lived in the dance studio as a child watching my mum teach children from 3 years old all the way to 16/18 years old.

I loved to dance it was my absolute passion but especially loved jazz which we did sometimes at the dance school. I started contemporary dance at the age of 13 at the associates programme at Ballet Cymru, where an amazing teacher Patricia Vallis first saw my talent for this style where she then recommended me to attend the associated programme at NDCWales in Cardiff.

I was doing all this as well as attending my regular classes with mum. As you can probably gather from this point it was my whole life. I then attended Rubicon Dance College based in Cardiff which specialised in contemporary dance, but we also did other styles of dance such as ballet, jazz and commercial. This set me up and got me to level to train at Laban Conservatoire of music and dance in London studying contemporary dance where I graduated with a 1st Class Hons.

I graduated and realised I'd fallen out of love with contemporary dance. I started attending lots of other classes in London and this is where I fell in love with Heels technique and I became absolutely obsessed with it!

What do you love most about teaching dance within Heels Empowerment?

There's so much I love about it. I'll pick a couple of things otherwise I'll be here all day!

I love how Heels Empowerment is able to give women a hobby and give women a community they can be a part of and know everyone who attends are there to see you win!

It's amazing when I see the queens hyping each other up as well as seeing friendships being created, it's beautiful.

When a lot of women first come to us they are a shell of themselves. I find after 6 months onwards, it's honestly amazing how they transform and blossom into a confident queen!

I would say that's my absolute favourite thing.



Photo: [@j\\_w\\_cortez](#)

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## What has been your favourite dance experience so far?

There's so many! I think it's when I see queens starting to know their worth and they leave abusive/toxic relationships because they build their confidence as well as knowing they have our community who will continuously support them. This is the part of my job that on my low days makes me realise why I do what I do.

## What advice would you give to someone who wants to start their own dance business?

I would say go into it knowing it's going to be tough so you've got really love it to do it as it's not easy being a business owner.

Something that I kind of did naturally which is something that keeps a business going for years is knowing your WHY. If you don't why you're doing it, how will your clients know and how can you expect them to invest in you.

## What qualities do you believe are necessary to be a dance business owner?

You have to have great interpersonal skills because 80% of the job is being and speaking online with people. From a business perspective you must be organised and punctual. To do lists and delegating is my bestie.

## Which is your favourite dance studio to train at and why?

Ooo I love this! I always go to London for my training as a dancer as that's where the best of the best teachers are for professional level classes in the UK.

I wouldn't say a specific dance studio but there's so many amazing teachers out there!

To name a few Cresta Rose, Chanelle Anthony, Fabiane Leame, Beyonce Sunley, Brina Brecelj.

## When you're not dancing, what do you love to do?

Spend quality time with friends, family and my partner.

I love going on food dates as I am a biggest foodie! I also love going to the gym and tend to go with friends as it's great to have a catch up at the same time.

I've also just got into reading, it's a great way to escape and switch off from the world.



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**What is a big goal or dream that you have for your dance career?**

To be able to teach more queens around the UK as well as worldwide for sure!

**Where do you see yourself in 10 years' time?**

I actually have no idea and not to be offensive but I usually don't like questions like this because you never know what's going to happen.

My whole career has gone that way and I never thought in a million years I would be doing what I'm doing right now! It's a bit vague but I hope I'm still using my platform to inspire and empower women.

**What's your favourite dance quote or saying?**

My favourite quote at the moment is:

'You've grown into someone who would have protected you as a child. And it's the most powerful move you've made.'

On days where I'm feeling blue I'll look at this quote which reminds me of how proud of the woman I've become.

*"If you don't know why you're doing it, how will your clients know and how can you expect them to invest in you"*



Photo: [@j\\_w\\_cortez](https://www.instagram.com/_j_w_cortez)



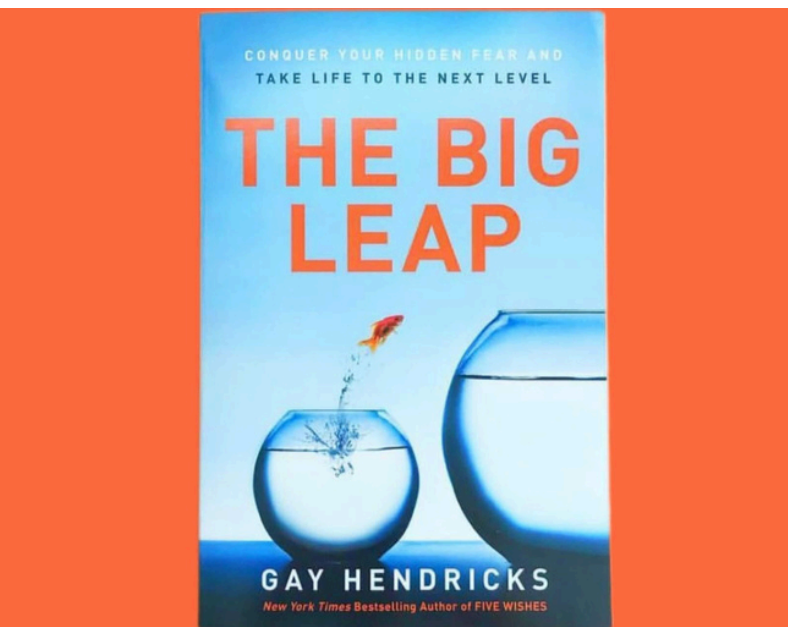
# FIND YOUR INSPIRATION



If you're a fan of Michael Jackson, then get yourself down to the Prince Edward Theatre in the West End to check out MJ The Musical, playing until 26th April 2025.



The Manifestation Collective is run by Victoria Jackson and has everything you need to begin your manifestation journey, including a monthly membership and two books! Check it out on IG [here](#).



If you've got some big dreams...but also some self doubt and fear of the unknown, then Gay Hendrick's "The Big Leap" will be a great read for you! You'll feel totally motivated and inspired to push forward after finishing this book.

**NEW DANCE FICTION BOOK**  
**THE LIGHT DOWN MADISON AVENUE**  
by Emily Sophie



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