

Issue 2

# DANCE BOSS



Issue 2  
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by  
Emily  
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# WELCOME TO THE DANCE BOSS E- ZINE



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

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

Hi there and welcome to the Dance Boss e-zine. My name is Emily Sophie and I'm the founder of Dance Boss.

This e-zine aims to provide you with tips and advice about all things self care, mindset, wellness and personal development, as well as giving you an insight into the minds and lives of amazing professionals in the industry to help inspire and motivate you in your own life.

Each issue we also recognise a 'Dance Boss of the month' where we celebrate someone in the dance world who has been nominated by their friend/peer/teacher etc and take a peek into their life as a dancer and their love of the art form. This is your chance to go and show them some love and make new friends!

To find out more and stay up to date with news and events, head to [www.dance-boss.com](http://www.dance-boss.com) and on Instagram @dancebossuk  
Feel free to come and say hello to me on Instagram at @iamemilysophie

Be consistent.  
Stay tenacious.  
Always persevere.

Emily Sophie

# DANCE BOSS



## BUSINESS

with Jamie Body

[@bodyjamie](https://www.instagram.com/bodyjamie)

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I have worked in TV, Film, and Theatre for 13 years, and my career has seen me go from onstage to press rooms to coaching creatives and freelancers. I have always had a passion for learning and growing, and alongside performing, I have retrained as a journalist and NLP Coach (Neuro-Linguistic Programming). As performers, our skills are so transferable, but we often don't see the value of them outside of the audition room or off stage, and that is why I absolutely love working with creatives now to connect the dots to help them to build the career they want.

I have danced on shows such as The Voice, BGT, worked for Royal Caribbean and Tokyo Disney, and at the beginning of the year, I wrapped dancing on a new Netflix show called Bridgerton. I get the same buzz from being on stage as I do when hosting a red carpet or speaking at an event. Although I don't actively audition anymore, through hard work and building a network, I am currently in a fortunate position where I have the option to perform still when the phone rings with a direct booking. I focus most of my time coaching, presenting, and recording my podcast, The Business of Show Business, which is currently being listened to in 32 countries.

Many creatives overlook the fact that they are a product, and like all products, they will do better in some markets than others. They will also need to show what they have to offer clearly, and potentially learn and reveal new services to secure the work they want. When you are a freelance performer, you are a personal brand, and now more than ever, that personal brand needs to match who you are online.

Your skills will secure you the job but marketing yourself will get you into the room.





# BUSINESS

with Jamie Body

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There is no point in being the best dancer or actor out there but not being seen by the right people. You have to be proactive in making sure your brand gets out there and is authentic, and here are a few tips to help you with your personal brand:

## 1) Start by making a list of your skills and services.

Once you know what you have to offer, you can start to look at who your audience is and who hires the skills you have. Once you have a list of all of your services, start cross-referencing that with what types of jobs employ those skills, and look to see if you have access to anyone in your network to help you make contact with those people.

By highlighting what you are good at will also show what skills or services you don't offer. You can then decide if you want to upskill as your dream job may need a skill you don't currently have, or you can focus more on auditioning for jobs that utilise the skills you have.

## 2) Having looked at your list of skills, do you advertise these well online?

Ensure you update your website to list the skills you have, go one step further, highlight them with examples of work - your showreel, link to a show you are in, or a review or interview.

Ensure your social media bio clearly shows what you have to offer and has a clickable link to your website or portfolio. Social media is becoming more and more of a search engine, so you want to have a well utilised bio and have photos showing potential clients and your audience all you have to offer.

Be authentic online; don't edit your showreel or photos so much that they are not a true reflection of your skills or image. You need to make sure the offline in-person YOU from that audition or networking event matches the online YOU.

A parting bit of advice-think about the brands you like and why you buy into them? How can you replicate that for your audience and remember, personality sells. Head over to The Business of Show Business podcast on [Apple Podcasts](https://applepodcasts.com) or [Spotify](https://spotify.com) for more marketing tips or go to [www.jamiebody.com](http://www.jamiebody.com)





# YOGA

with Betsy Schrader

[@betsy\\_yogapractice](https://www.instagram.com/betsy_yogapractice)

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Hi, I'm Betsy Schrader, an international Yoga teacher and graduate of Yoga Teachers College.

This year (2020) actually started great for me as I took the plunge and completed an unforgettable 3-week journey training with Lucas Rockwood and YTC in Barcelona. Over the last 8 years I have pursued a career as a singer dancer performing in music venues and resorts in the UK, Europe and USA. I am now based in Hampshire teaching Yoga, dance fitness and specializing as a vintage singer too.

I started practicing yoga in 2010 purely as another form of stretching to increase my flexibility whilst training for a career in Musical Theatre. However, in 2013 when I was living in New York and throwing myself into the crazy world of auditions, I discovered that Yoga is so much more than just stretching. Yoga became a way for me to switch off, escape and draw focus to something other than my fast-paced life running between classes, auditions, work, battling with my self-esteem and trying to make my dream a career.

In the industry there is a lot of pressure and expectation to look a certain way and although Yoga can challenge you physically and mentally it also teaches you to be kind to your body and find acceptance and gratitude for yourself just as you are.

2020 has definitely been a challenging year, especially for the performing arts and has truly highlighted the importance of taking care of our mental health and finding gratitude in the simple things.







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Here are Five ways Yoga can benefit your physical and mental health:

**Flexibility** – Dancers and performers are some of the hardest working people I know and are known to train hard. Intense training can lead to tight muscles and sometimes actually work against you when it comes to flexibility. Combining long hold poses such as lizard and pigeon with the 4:8 breathing technique / pranayama will help ease tight muscles by encouraging relaxation in your body and breath. Aim to meet or beat your hold time for maximum results.

**Strength** – When I was at dance college, strength was never something that was emphasised or encouraged. I have suffered from back pain on and off and wish I had known the importance of strength training back then. 80% of people suffer from back pain at some point in their life and strength training can help to prevent this. To build strength, practice poses such as chaturanga, locust and dolphin.

**Balance** – In Yoga you can create balance on and off the mat. On the mat in the form of physical balance with poses such as tree and my favorite of course dancers pose. Off the mat by mentally finding a balance between our often-busy lifestyles and taking time to be quiet and still. The Yin to your Yang.

**Stress** – I think we can all agree 2020 has been stressful to say the least. Finding ways to manage our stress and acknowledging when we feel this way is important. Stress often ends up manifesting in our body too. In class we use balanced breathing/pranayama 4:4 to find calm in challenging poses. This works in daily life too. If you are looking to relax at night you can also use 4:8 breathing to promote deeper relaxation.

**Energy** – There are many styles of Yoga and I enjoy teaching Vinyasa and Power Yoga which involve flowing with movement and breath from one pose to another, resulting in an energetic practice. Practicing sun salutations is a great way to give yourself an energy boost and are traditionally practiced in the morning. I also begin each class with a breathing technique / pranayama called 'breath of fire'. This involves focusing on short sharp exhales through your nose and squeezing your belly in with the inhale occurring naturally. Try practicing 3 rounds of 20 exhales.

If you are interested in practicing yoga for strength, flexibility, balance, energy and stress management, then you can use the links above to attend an online class or book a FREE discovery class for 1-1 practice with me.

See you on the mat.



# MINDSET

with Kamran Bedi

[@coachkamranbedi](#)

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As a dancer I felt 100% aware, confident and overly capable for how to use and move my body, however looking back, I can now understand that I didn't really know how to use my mind.

I can gather this self-reflection now with more understanding as I have been working as a professional anxiety and wellbeing coach since 2013. I have studied, certified in and experienced a variety of modalities that focus on mental health, mindset techniques and generally having a deeper understanding of my mental and emotional health.

Before being a coach, I danced professionally for over eight years. I taught at various professional colleges and assisted various choreographers, but I can see then that I never really knew how to use my mind. Moving my mind was easy.

Dealing with my anxious inner voice in auditions, my overly active comparative mind, my thoughts of self-sabotage were unmanageable because I allowed my mind and my thoughts to run wild.

Having completed my training in NLP I very quickly realised that I could have been more resourceful and more powerful in terms of my mental health and the results that I could have achieved if I had discovered the power of my inner voice. I have no regrets or hard feelings for the younger version of myself who didn't have any mindset tools back then, but I feel as a practitioner that the opportunity to become your own 'boss' with regards to your mindset as a dancer, could really change your game for the better.

Consider your inner voice. It's always there, always giving you an opinion and always has something to say. You actually may have noticed that you have a number of different inner voices, some more powerful than others. Perhaps you are familiar with your own voice of self-doubt, or the voice that lacks confidence? It would definitely help you in ways you may not know of if you could train, work with and develop your inner voice to be a powerful and resourceful tool for you.





# MINDSET

with Kamran Bedi

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Consider the following daily:

1. First thing in the morning, allow your confident inner voice to talk inside your head.
2. When dancing in class, rehearsal or when waiting for an audition, let your inner voice talk more confidently.
3. If you struggle with it in these settings, go back to point 1 and develop, repeat and practice your inner voice talking from the first thing in the morning.
4. Notice how you feel when you hear the voice of confidence. What kind of things does it say to you? Aim for 5-10 confident, self-affirming phrases or words that allow you to switch on those confident feelings within so that you can activate the voice in any time and any space when you need it.

Developing healthy mindset habits is something that is fundamental for your own mental and emotional health which is often missed out in general education. Allow yourself to get ahead of the game in your performance career by investing in your mind.

For more tools and tips my book 'Your Mind is Your Home', available on amazon offers tools and techniques to develop your mind. You can find me on Instagram [@coachkamranbedi](#) or at [kamranbedi.com](http://kamranbedi.com) for my coaching services and [mindbodymethod.co.uk](http://mindbodymethod.co.uk) for my training courses to certify as a coach.





# THIS MONTH WE CHAT TO

## FRIDA PERSSON

[@FRIDALABEIJJA](#)

[WWW.CREATIONSBYFRIDA.COM](http://WWW.CREATIONSBYFRIDA.COM)

[WWW.FABHABITZ.COM](http://WWW.FABHABITZ.COM)

**Hi Frida, thanks so much for chatting to us today! Can you tell us a bit about yourself and how you got into dance?**

Originally from Sweden. I have been living in New York City for over 10 years, working as a dancer and choreographer. I've been performing with brands and artists like Loreal, Samsung, Schutz, Urban Outfitters, Gloria Gaynor, Zelma Davis C&C music factory, Kiezsa Performance in Las Vegas, The Love ball, Jennifer Hudson music video "Go all night", Radio city music hall with Hip hop Extravaganza tour, performing at Taj Mahal arena in Atlantic City. I have also been the head choreographer for the World Cup opening ceremony for the youth World Cup in soccer.

**If you were to describe how dancing makes you feel in 3 words, what would they be?**

Free, relaxed and inspired.

**What has been your best dance experience so far?**

I loved performing at radio city hall with The hip hop extravaganza tour. The people in the show and all the old school music was really great, and loved working with the choreographer Alexandra Bernard.

**We'd love to know more about your dance group Fab Habitz, can you tell us how that started and what you've been up to?**

Fab Habitz was founded in 2018 to create a new and unique performance vibe from a new generation of accomplished artists. Our mission is to bring entertainment to the next level. We will give you a fierce level of dance beyond what you have experienced before. We aim to challenge and engage audiences in rich, innovative, aesthetic, and intellectual experiences.

We have performed at NY fashion week, NJ fashion week, in various music videos and shows around New York.



Photo: [@spinkickpictures](#)

# THIS MONTH WE CHAT TO

## FRIDA PERSSON

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**What's the best piece of advice that someone has given you in the dance world?**

Don't give up. If there is no way, make your own path :)

**What is your favourite style of dance and why?**

Ooo that's a hard one, I love dancing in heels and commercial heels dance. I love the way it makes me feel and I love the floor work etc. I also love voguing and the voguing culture.

**How do you keep your spirits up when times are tough in the dance world?**

I surround myself with lovely people , and people that share my joy for dance. You gotta remind yourself how much you loved dance way before you started to get paid for it. I love to create and dance and I believe that dance is my therapy.

**What dance projects are you currently working on right now?**

Currently I'm holding this heels program online. I also am going to start back holding drop in classes in the city.

Other than that my company is starting back up now after the quarantine and I'm getting ready to walk a vogue ball in February:)

*"Don't give up. If there is no way, make your own path"*  
-Frida Persson



Photo: [@youngtale](https://www.instagram.com/youngtale)



DANCE  
BOSS  
OF THE  
MONTH

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Photo by [@awimagez](https://www.instagram.com/awimagez)

## Christina Demetriou

Christina started her dance training at the age of 5 with Shakallis Dance School in Cyprus. She trained in a number of styles including latin, flamenco, bellydancing, hip hop, bollywood and contemporary and joined the school's professional dance troupe 'Adouloti Shakalli' where she represented Cyprus and its traditions at numerous folklore festivals in France and Holland, in addition to performing for local and international latin and salsa festivals such as the Lebanon Latin Festival.

She then continued her training at Broadway Dance Centre in 2014 as part of the International Student Visa Programme where she was mentored by Ashlé Dawson and Dorit Koppel, as well as performing on Good Morning America, being a guest choreographer for 'Bagatelle', modelling for charity fashion shows and she was also part of the 'Estado Ingravitto' show of Breaking Conformity Productions by Ashlé Dawson. She was also awarded the Outstanding Student Recognition Award upon completing her programme which brought her training to a proud end.

In September 2016, Christina joined the Dance and Performance course at Bucks New University and took great interest in the student-led Dance Club. During her second and third year she was elected to lead the Club in the role of Chair where under her stewardship, the Club won a total of 78 trophies over two competition seasons, a new club record! After graduating in 2019, her credits have included dancing on 'Good Morning Britain' for Gloria Estefan, as a dancer for 'Budafest' and 'Babylon Castle' and independent events and promo nights leading up to Notting Hill Carnival. Her goals for the next three months include getting representation by an agency, moving to London and completing her PT qualification.

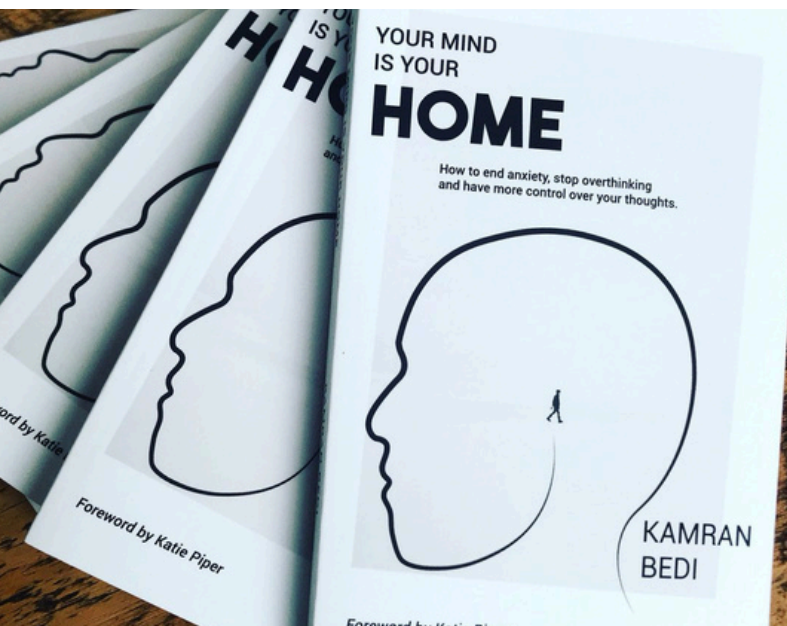


# FIND YOUR INSPIRATION

**DANCE BOSS**  
THE E-ZINE FOR  
DANCERS



If you're looking for a happiness boost, check out the Get Merry podcast with The Merry-maker Sisters over [here](#). It's like chatting with your best friends!



Looking for a good read? Then check out Kamran Bedi's book "Your mind is your home" on Amazon [here](#). If you're looking for a deeper insight into your mind, then this is the book to read!



Tara Stiles is the founder of Strala Yoga (Yoga that feels like you!) and there are loads of free Yoga videos for you to try which are available on her YouTube channel [here](#).

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