

Issue 13

DANCE
BOSS



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Cover: Lizz Picini
Photo: @jontaylorphoto
Shoes: @laducashoes @laducashoesuk
"The Picini" Boot

by
Emily
Sophie

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 our amazing cover stars from all over the world 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 and take a peek into their life as a dancer and their love of the art form.

To find out more and stay up to date with news and events, head to 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

CONFESSIONS OF A DANCER

by Emily Sophie



OUT NOW IN KINDLE &
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EMOTIONAL EATING

with Leanne Lisbon

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

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12 years ago, there was a time I wouldn't even have a hot chocolate with my friend out of the fear that she'd used regular milk instead of skimmed milk and that she'd used more than a teaspoon of the chocolate powder that I knew would be too high in calories. Yep this was my life, weighing myself every day (sometimes twice), obsessed with calorie counting and so ashamed of my body. I'd miss out on yummy things and nice experiences because of the fear of the impact on my weight. What a way to live!

I spent 4 years trapped in the diet mindset, it was awful. I was convinced that certain foods were good and other foods were bad. I restricted the 'bad' ones and focused on the 'good' ones all in the hope that I would lose weight, be skinny and match up to the pressure from the media and society and therefore be enough.

This level of restriction made my desire for the 'bad' foods increase and I'd always end up bingeing at the end of the week, eating so much junk, feeling guilt and shame about it and then convincing myself to start again on Monday, with a new fad diet promising to help me lose 10 kgs in 2 weeks.

Despite what you may have been told, especially in the dance industry weight loss and maintaining a certain weight is not all about the food you eat (I call this the Physical Element) there's more to it, the Emotional and Spiritual Elements need addressing too so you can find a place of total food and body freedom. This approach allowed me to heal my relationship with food and my body and was the key to losing 15kgs without dieting. Since then I have maintained my natural weight, without worrying about what I eat, stressing about calories and never missing out on an experience and this was 10 years ago.

I know the dance industry can be a tough one when it comes to body image and the pressure to look a certain way.

The stories I've heard about comments from teachers;

'You need to eat less'

'You've got the role but you need to lose 8kgs'

'You're too big, you need to lose weight'

'Make sure you're watching what you eat outside of your classes'

These comments have a great impact on the way you view yourself and food and when heard from a young age can leave a lasting negative impact.





EMOTIONAL EATING

with Leanne Lisbon

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But what I want you to remember is there's more to food than calories and there's more to you than your shape and size. There's a level of energy and nourishment that certain foods, such as whole foods give us. Avocado, nuts, seeds all contain high fat however are natural pure resources for our body and so much goodness, yet in my dieting phase these were considered BAD because of the high level of fat and calories.

This way of thinking took over my life, I was obsessed with calorie counting and for me having an emotional connection to food was fuelling my negative relationship with food. As much as I wanted to stop eating I also used food as a comfort and coping mechanism, what a cycle.

So here's what I want you to know...

1. The guilt, shame, worry and stress you attach to food will have a bigger impact on you than the piece of cake itself. Emotion is heavy when we carry it for a longtime it weighs you down. This in turn will slow your ability to lose weight and keep you in an emotional weight gain loop.
2. There's no good or bad foods. There are however foods that will make you FEEL good in your body and foods that will make you feel pretty BAD after eating them. Be guided by this, nothing else. Trust your body, trust yourself, follow the feeling.
3. Give yourself FULL permission to eat ANYTHING you want because the restriction you're placing on yourself is hindering your results. You'll find when you give yourself full permission to eat anything, the things you thought you wanted so much, won't be so appealing. it's psychology.
4. Weight loss is a simple equation. Burn more energy than you consume. Don't over complicate it. The more emotions you can release, the less emotional hunger you'll have which means over time you'll come back to knowing what physical hunger really is and only need to eat at those times. If you have a weight loss goal, start addressing the emotional and spiritual elements as well as the physical, it's the key.
5. Have the damn hot chocolate - life is for living. But be conscious, go with the feeling of loving your body and nourishing your soul at the same time.
6. Take any comment that anyone has ever said to you about your body and throw it away, get rid of, unroot it from your mind. You get to choose how you feel about your body, and you, just as you are, are more THAN ENOUGH.

If you want to learn more about healing your relationship with food and your body from the inside out, my starter kit is a great place to start. And my inbox is always open any questions reach out.

Leanne x x





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

Email your questions in at info@dance-boss.com and get them answered by The Leadership Dr!

Q- I feel like I'm heading for burnout in my dance career, how can I avoid this?

A - First, well done for spotting the warning signs! We assume that our minds and bodies are fine to continue, that getting to 'the goal(s)' is what really matters. Really, nothing is more precious than your physical and mental well-being. To stop this from going further, it is worth taking stock of your current situation: Your sleep - what is your pre-bedtime routine? Your eating habits - are you getting enough nutritious fuel? Your work schedule - how much time off for training/rest/soul-filling activities do you have?

Consider your reflections - where are the pinch points? What small things could you do each day that might help to redress some of these? For example, how could you relax prior to bedtime? Could you prepare food in advance to ensure you have sufficient and nutritious meals? Could you say no to any of the work or other commitments you have upcoming? Where might rest periods fit in? How would you like to spend these times?

Saying 'no' is hard, particularly in an industry where you feel like you have to take every work opportunity...but...how well can you do these jobs if you are not functioning at your best? Is your goal to take the work, or to do the work well? What other areas of your life do you find it hard to say 'no' to? Setting boundaries is very, very important.

Boundaries sound harsh, but in reality they are the key to giving you the space and time to recalibrate before you can show yourself as fully present. Boundaries don't have to be a hard "NO!":

- I am available between these times (XX and YY), and would be happy to meet then.
- It is really important we spend time together, I need to do my jobs/work first and then I can be fully present with you. How about this date/time?
- My phone is set to do not disturb from X o'clock in the evening.
- I am not available for that job/audition/work event, but would be very interested to talk about future opportunities with you now.





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

Like many things in life, humans require steady maintenance, aiming to get some balance in our lives so that if we have a busy period, we have enough reserves to manage that brief period before balance is restored. It is much, much harder to come back from physical and mental exhaustion. Setting boundaries that you actively verbalise and consistently keep is a huge part of achieving balance.

To keep energy and wellness levels topped-up, try to integrate the following five steps into your daily routine. It is called the 'five ways to wellbeing,' it's backed by science, and even just a few minutes spent doing this each day will be beneficial:

- Connect - spend time with others where you are fully engaged (e.g., ask how someone is and then really listening to the answer)
- Get Active - move your body, and not just for work! (e.g., take a walk)
- Take Notice - Mindfulness, be present, notice your senses (e.g., really looking, listening and feeling the environment around you, deliberately tasting your food)
- Learn - Keep your brain active (e.g., learn a new skill, read and take in the content, ask questions)
- Give - Give time, effort, love to others (e.g., pick up litter, help someone else)

A good example of how this can be done easily: 1. Go for a short walk, ideally in nature. 2. Go with a friend or say hello to people you pass. 3. Really think about what you see and hear around you. 4. Stop to read signs or look up the name of trees/etc. 5. Pick up any litter.

Doing this regularly keeps your mind and body grounded, reducing stress and giving you time to recharge.

See how you can fit in more time for recharging.





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

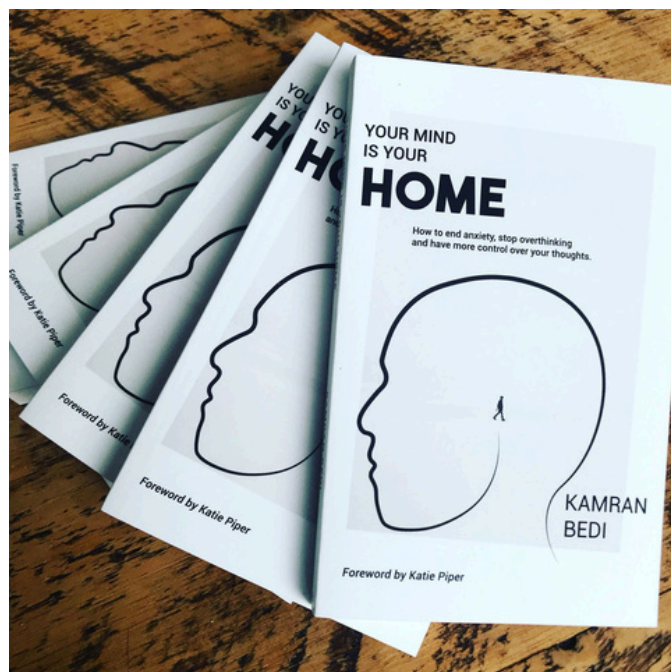
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

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 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 (as seen below).



THIS MONTH WE CHAT TO

LIZZ
PICINI
@LIZZPICINI
WWW.LIZZPICINI.COM

Hi Lizz! Thank you so much for being our July cover star! Can you tell us a little bit about yourself and how you got started in dance?

I am so thrilled to be Dance Boss' July Cover Star! Thank you so much for this fierce opportunity! I have been dancing since I could say "tutu!" When I was born, I was born prematurely without my hips fully formed. After miraculous work, brilliant doctors and Divine intervention, my hips were healed and I was able to move and groove. My parents placed me in dance classes, to keep me mobile, and the rest is history! While I swam competitively, played numerous instruments, enjoyed other extra curriculars, and had additional passions, dance was always and will always be an actual part of me! It's a gift, a privilege and my first love.

What do you love most about dance and the industry?

I am absolutely obsessed with deliberate, solid, meaningful work ethic. This industry demands excellence and therefore, the overall drive and work ethic is unmatched. Hard work pays off in a variety of ways and the "pay off" looks different to each and every artist. However, resilience, tenacity, perseverance and focus will always result in something positive. Being surrounded by hard workers, "go-getters," and passionately driven humans, fuels me day after day after day.

When things get challenging, what coping strategies do you use to help you stay motivated in the dance world?

We have chosen a business where we will be challenged physically, emotionally, mentally, and spiritually. My answer for nearly everything: BALANCE... BALANCE... BALANCE! Whether balance involves physical rest, additional hobbies, distance away from the city, refocus, faith, family, friends, parallel careers, space, pets, vino, vacations, etc... the list goes on and on... regardless of what balance involves, includes and looks like, day-to-day, it is the most important element of being a human, especially in a demanding industry like ours.



Photo: [@findthelightphotography](#)

THIS MONTH WE CHAT TO

LIZZ
PICINI
@LIZZPICINI
WWW.LIZZPICINI.COM

What is your favourite style of dance and why?

I am extremely passionate about the umbrella of The Broadway Circuit and specifically, all that Musical Theatre Jazz entails.

I'm basically encompassing everything when I use those phrases and I love that that is the case. In my opinion/experience, "Broadway/Musical Theatre" has evolved and expanded to include a variety of realms, styles, genres, all which are used for story-telling, derived from meaning and intention. This is what audience members connect to, respond to, react to. It is exciting!

Also, I am constantly inspired and invigorated by the athleticism, control and strength required to deliver all choreography falling under the "Broadway/Musical Theatre" category!

Who do you consider to be a role model in the dance world and why?

This will sound as cheesy as can be, however, I stand by it. I am endlessly thankful for the mentors I have and have had, here in NYC; the training, guidance, and wisdom I have learned from them feels unmatched and I pinch myself every day I am in their spaces. Whether they are leading by example, pouring into me in prepro, directing a room, balancing "work hard, play hard," navigating with awareness, creating powerful spaces, etc., I could go on and on, they are the epitome of professionalism, hard work, compassion, focus, dedication, "tough love," and more. To name a few, I am endlessly thankful for Ricky Hinds, Denis Jones, Parker Esse, Al Blackstone, and many, many more!

What is the best piece of advice you've been given as a dancer?

In regards to booking the gig, landing the job, getting the call... "Breathe, it is not about you." In the kindest, most compassionate manner, there actually are so many "moving pieces" while decisions are being made that we need to learn how to control what we can control "in the room/in our training" and release the rest; as long as we leaving fabulous work in these spaces, we cannot take anything personally as it is not about us. Having access to operating "on all sides of the table" serving as Performer and a Creative, has clearly opened my eyes to the fact that there are so many elements that are out of our hands and that should beautifully take the pressure off of us as performers. Leave amazing work in these rooms and then walk away, knowing we did our best that day, and the rest is just not about us... in the best way.



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

THIS MONTH WE CHAT TO

LIZZ
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@LIZZPICINI
WWW.LIZZPICINI.COM

If you could spend a year learning a new style of dance, what would it be and why?

Oooohh, I would love to immerse myself in popping or voguing or locking or anything that I have never really touched, training-wise, due to my main triple-threat focus. I am so in awe of what the body can do and I have always been so intrigued by the ability to pop, or vogue, or lock, all understandably different, respected, brilliant styles of dance. I am fascinated and constantly inspired!

What qualities would you say are most important to have as a dancer?

Resilience, tenacity, focus, drive, perseverance, determination, mental fitness, cross-training, balance (literally/figuratively), joy, confidence, self-worth, self-awareness ... just to name a few... ;)

When you're not dancing, where would we find you and what would you be doing?!

When I am not dancing, you can find me coaching my superb, multi-faceted clients in "Swing-brain, Dance-Captain-prep, pick-up skills, audition-readiness" and more, as I created my own company a few years ago, Lizz Picini | Industry Mentoring & Training to train dancers to cultivate a variety of marketable, necessary skills. Additionally, you can find me riding my Peloton, playing with my angelic puppy, drinking wine on a rooftop with my friends, online shopping, binging silly trash TV, or in therapy (haha!). Balance, people... balance! ;)

What's your favourite dance quote or saying?

"Keep going." ;)

...short, sweet, and so darn worth it.

"We need to learn how to control what we can control 'in the room/in our training' and release the rest"



Photo: [@jontaylorphoto](#)



**DANCE
BOSS
OF THE
MONTH**

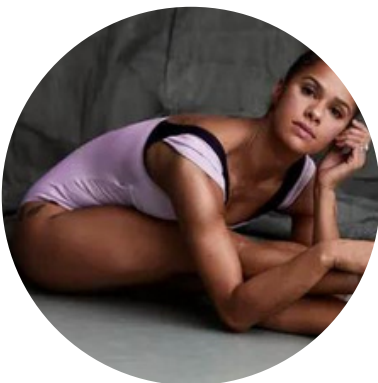
Misty Copeland

To celebrate the re-launch of the Dance Boss e-zine, we decided to celebrate one of the great ballerinas of our time...Misty Copeland!

Misty is an American ballet dancer for the American Ballet Theatre.

Misty became the first African American woman to be promoted to principal dancer in ABT's 75-year history.

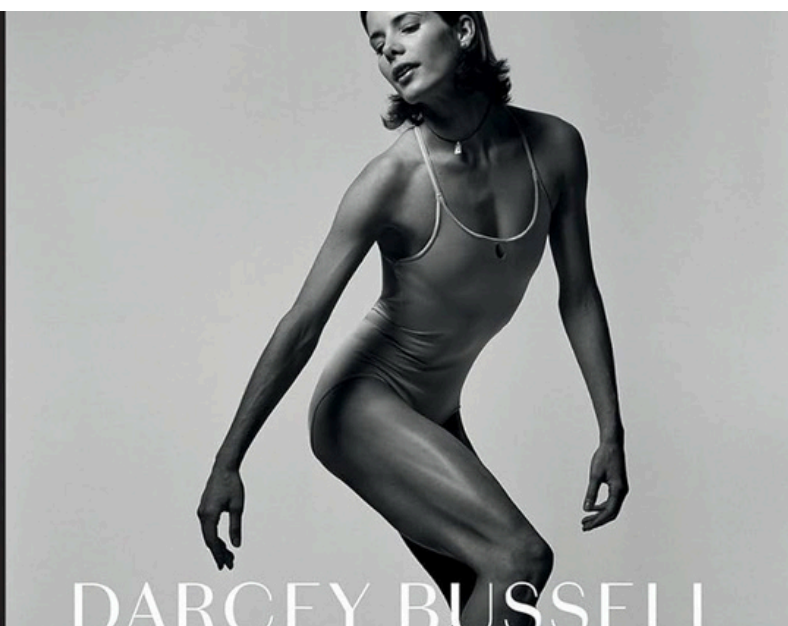
A fun fact...you can watch Misty dancing in the film *The Nutcracker and the four realms!*



@mistyonpointe

FIND YOUR INSPIRATION

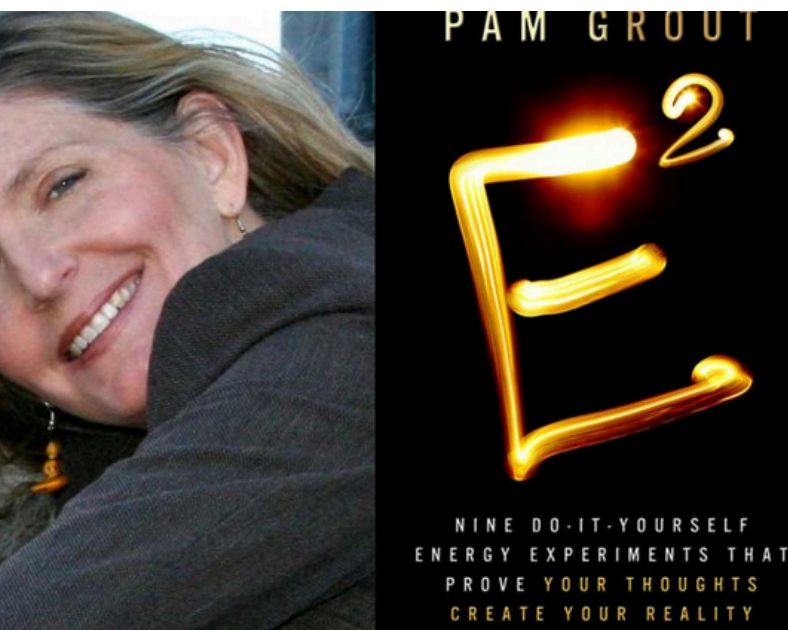
DANCE BOSS
THE E-ZINE FOR
DANCERS



Darcey Bussell's book "Evolved" is beautiful to read-the pictures are stunning and her journey in dance is very inspiring. A great book if you're looking to feel motivated and inspired.



Dance Boss founder Emily Sophie's dance fiction book is available now on Amazon! If you're looking for a little bit of funny chick lit escapism, then this is for you!



If you're interested in manifestation, then you'll definitely want to check out Pam Grout's book E2. It's got 9 fun experiments to prove that the Universe really does have your back and will provide once you know what you want and align yourself to it!



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by
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