

Issue 11

DANCE BOSS



Issue 11
August 2021
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by
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WELCOME TO THE DANCE BOSS E- ZINE



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

*-Emily Sophie
[@iamemilysophie](https://www.instagram.com/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.

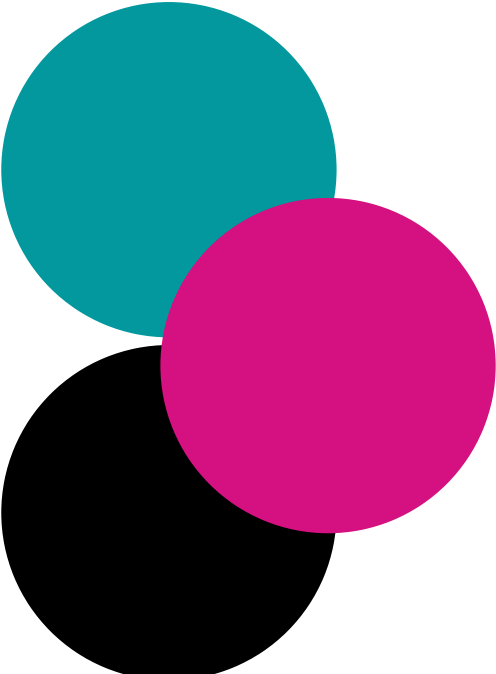
Each issue we also recognise a 'Dance Boss of the month' where we celebrate someone in the dance world who has been nominated by their friend/peer/teacher etc and take a peek into their life as a dancer and their love of the art form. This is your chance to go and show them some love and make new friends!

To find out more and stay up to date with news and events, head to www.dance-boss.com 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



*"You are never
too old to set
another goal or to
dream a new
dream"*
- C. S. Lewis





GOAL SETTING

with Dance Boss Founder
Emily Sophie
IG [@iamemilysophie](https://www.instagram.com/iamemilysophie)

Do you have a goal or dream you want to achieve? It doesn't matter how big or small, just take a moment, close your eyes and think about what it is you'd most like to have, be or do...

Okay, so now what?!

Sometimes the next step feels so hard that we wish we'd never let ourselves even have the goal in the first place, right?

But as that saying goes "when eating an elephant, take one bite at a time" and that's precisely what we must do with our goals.

I fully believe in manifestation and have seen this happen in my own life and in the lives of those around me too, but I think sometimes we can get confused or perhaps complacent with this word also.

Let me explain...

When people talk about goals, they will more than likely use the word manifestation, but sometimes that's all you'll get. And this is a very important part don't get me wrong-we need this as a key ingredient, but another key ingredient we need is ACTION.

And this is where some people can get stuck-they aren't sure what to do to begin, or they're confused which road to take etc...so they may well be pros at seeing their goal in their minds' eye and visualising until the cows come home, but sadly that is not enough.

But the action I'm talking about is definitely not forced action. When you're in alignment with your goal, you've got the manifesting down and you easily and effortlessly move from one step to another-THAT is what the action part is all about. It's when little coincidences happen, when one thing easily follows the next, when you feel in flow and when people and circumstances come together to fit with your desires.

You'll probably already have experienced both types of action-the forced and the effortless...think back to a time when you did and see how that makes you feel.

Forced action always feels like you're fighting your way through sticky, yucky muddy gloop, whereas aligned action feels like you're floating on a cloud and your eyebrows don't knit together every 5 minutes!





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So back to my original question...do you have a goal or dream you want to achieve?

From what I've said now, how does that make you feel towards said goal? Sometimes the thought of getting to the end goal seems very overwhelming and can put a lot of people off...but that is why we eat the elephant in little bites!

I learned a while ago that you'll know if you REALLY want to achieve a goal by working backwards.

So, I want you to imagine having achieved your goal in your minds' eye and really feel how it feels having 'arrived'.

Now imagine a timeline and start working your way backwards (you can do this in your head or write it down, whatever works for you).

What would be the step just before the end goal? Then what would be the step before that? And before that? You get the picture.

Now keep going until you get to where you are right now in this moment and then take a step back to look/think about your plan laid out before you.

How do you feel?

Are you excited but a little nervous too?

Does it fill you with dread to spend time on this?

See what comes up and then sit with those feelings for a moment.

I did this for a goal I had a few years ago and I was so sure I wanted it, but when I went through this exercise, I felt deflated and uninspired. That told me all I needed to know, because if the journey wasn't going to be fun, then I definitely wasn't going to enjoy the end goal when I got there either.

Notice the difference between fear and 'not interested', because fear can sometimes have a sneaky way of making you believe that you shouldn't/can't go for something because it's not really what you want, when all that's really happening is- you're scared of the unknown.

But that's okay too.

When we try for things that are new-like many goals, we will enter into unknown territory and therefore, fear will probably turn up and pour all sorts of doubt/worry/anxiety into your mind to try and stop you (and keep you safe at the same time-I know it's very confusing!).

So, notice the difference.





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If you've gone through your goals timeline and you're feeling pumped and excited... it's time to take the first step!

And if not, then perhaps take some time out to allow another goal or dream to come to you instead-no pressure though :)

Once you've seen the steps and you're feeling pumped and you're manifesting your little socks off, there's one more thing you MUST do.

Now this is critical.

Are you listening?

Let it go.

I know. It seems very counter intuitive doesn't it.

But seriously, this is the final ingredient to add to the mix.

When we let go of our expectations of this goal and HOW we will get there, that's when the Universe steps in and things seem to flow and you're more able to take aligned action.

But the tendency is that when things don't happen quickly enough or WE think we know what's best for our goal to appear, we begin to get very controlling and then you can guess what happens then...yep, forced action appears, thus slowing down the whole process, increasing your self doubt and ultimately turning you into a big huff of a hot mess because nothing seems to be happening!!!

So, let it go and breathe.

If you're anything like me and LOVE to be in control (at all times...even though we're not really in control of anything...except our reactions) then perhaps try a tiny goal first so you can practice your 'letting go muscles' before pumping them fully.

So, to recap.

First- know what your goal is...write it down, say it out loud, whatever works for you.

Second- start visualising this goal in your head and feel how it would feel to achieve it-get your manifesting cap on.

Third- go through your goal timeline from end goal to current location and see how that feels.

Fourth- LET. IT. GO. Release the need for control and know that some of the steps you lined up in your timeline plan will change and that's okay-life is not linear.





ASK THE DR

with Dr Samantha McElligott

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

[The Leadership Dr Blog](https://www.theleadershipdr.com)

Email your questions in at info@danceboss.co.uk and get them answered by The Leadership Dr!

Q - I feel like this one teacher at college has got it in for me, he's making me feel really bad about myself and I dread his classes. Any advice?

A - That sounds like a really difficult situation for you, especially as it's crushing your love of dance, not to mention your own self view. It would be really useful to have some examples here of his behaviour - what does he do or say that makes you feel this way? If we can pinpoint specific examples, we can definitely treat them as problems to be solved.

It's also worth noting that there are many systems in place to support students, so it may be worthwhile finding out who you could talk to within the College structure who would be impartial. Whether or not that is your chosen route, it would be useful for you to keep notes about his behaviour. Wait until you've got back home and had a chance to reflect on the class. Think about what he said or did, and stick to the facts. It is very important to document poor behaviour, in case it is required for investigation into bullying, for example. Now this might seem extreme, and a lot of people are fearful of speaking up, or angering the person. Nowadays, student support is such that you can remain anonymous, but it would greatly help your case if you could record all the facts, dates, times, exact words or gestures he used, etc.

The other side of this might be that there is nothing specific, he doesn't actually say or do anything, it's more a feeling you have when you're there, or afterwards. Is there anyone else in the class you could talk to? You don't have to specifically say: "I feel intimidated by Mr So-and-so," but you could ask how they find his classes. If you find that a few people have a 'bad vibe' about him, revert back to what I said about seeking support. If there doesn't seem to be a consensus, then that's ok, too. Whatever you're feeling is totally valid, it's what you do about it that counts. I would say that in this situation you either have to seek help (please just start documenting accurate records either way!) Or you have to change the way you view these classes, and him. This doesn't mean that he 'has won,' it just means that you are taking back control of the situation.





ASK THE DR

with Dr Samantha McElligott

IG [@theleadershipdr](#)

[The Leadership Dr Blog](#)

You can metaphorically 'reframe' the situation to suit a more pleasing narrative. For example, viewing this class as a necessary evil where you know that you don't get good feedback, but it's a really useful training hour for your overall performance. There will always be people we don't rub with, or vice versa, and if it isn't bullying, then we have to find a way of dealing with it that suits us.

I would strongly suggest you give yourself a few weeks to document what is going on (be as specific and accurate as you can) and then look back on it all and see if there are patterns or proof of behaviour. If there are - go straight for support. If there aren't, then look inward and see what coping strategy you could put in place proactively so that you can psyche yourself up for each class beforehand, and approach it as the one in control.

The worst that will happen in this instance is that your strategies won't work that well, and it will still upset and hurt you. In this case, think about all the 're-active' things you can do to make yourself feel better after the event: Talking to friends, dancing, coffee shop meet ups, reading, journaling, listening to music, bubble baths, walking a dog - whatever makes you happy. It is critical that our methods for coping are things that we take comfort in, as they will automatically make us feel a little bit better, even if they don't solve the issue.

By taking time to invest in ourselves and giving vital self-care, we are telling ourselves that we are worth more. If someone else's behaviour makes you feel "worth less" you have to do something about it. Whether it's from outside sources, or from your own inner Boss, please take back the control that is rightfully yours. You deserve nothing less.





NLP

with Kamran Bedi

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

kamranbedi.com

mindbodymethod.co.uk

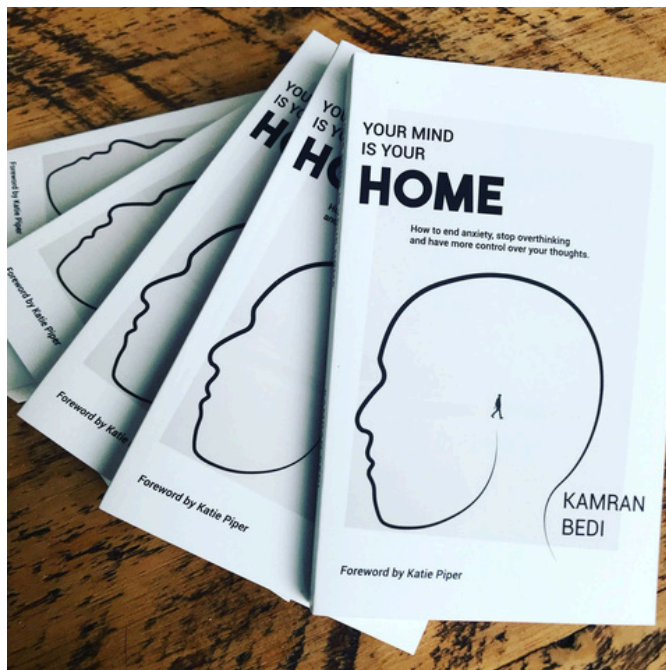
Master NLP & Hypnotherapy coach Kamran Bedi, offers multiple training courses throughout the year for people to become certified NLP/Hypnotherapy coaches and has a special offer for all dancers/performers!

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

**CHELSEA
DORING**
[IG @CHELSEA_DORING](https://www.instagram.com/CHELSEA_DORING)

Hi Chelsea, we are so excited to feature you as our August cover star! Can you tell us a bit about yourself and how you got into dance?

I grew up in Perth, Western Australia and started dancing from about the age of 8. From the first class I fell in love! I knew that I had found my passion and haven't stopped since.

How does the dance scene compare in Australia to London?

For starters it's much bigger! So much more opportunity, training and work. Don't get me wrong my training in Aus was incredible, but this was almost like my base. I really grew into the artist I am today from the experiences of this city.

What has been a dancing highlight for you so far?

In Australia it would be dancing for Samantha Jade and in London I'd have to say what I'm currently in rehearsals for. The Windmill theatre in Soho is opening up again and I'm part of the original cast, very exciting!

What do you love most about dancing?

- the release, the freeing feeling you get like no other. It's time to switch off from the outside world and leave it all at the door.

What are some of your future dance goals?

Tour with Xtina!!
That would absolutely be my dream!



Photo: [@jodiemorrisphotography13](https://www.instagram.com/jodiemorrisphotography13)

THIS MONTH WE CHAT TO

CHELSEA
DORING
[IG @CHELSEA_DORING](https://www.instagram.com/Chelsea_Doring)

If you could go back and give your younger self some advice regarding the dance industry, what would it be and why?

Just stay true to you at all times! Everyone is different, and that is their superpower.

How has dancing/being a dancer helped you/changed you?

Helps me be true to me! I always feel completely myself when I'm moving and there really is no other feeling like it.

When you're not dancing, where would we find you?

On my bike, brunching, bare footed in the garden! I'm also a fitness instructor and aromatherapy student.

"Everyone is different, and that is their superpower"
-Chelsea Doring





**DANCE
BOSS
OF THE
MONTH**

DANCE BOSS
THE E-ZINE FOR
DANCERS

Sarah Dirania

IG [@boccapole](#)
Photo by [@emmalita.x](#)

I'm Sarah and I'm 40! I've been poling for about 5 years. The only reason I started was because I saw Cirque de Soleil with my friends and there was a lady doing Hoop. She looked like she was flying and I wanted to do that. I made some enquiries about hoop and was told pole was a good idea to build up some upper body strength first! I was unconvinced that I would like it but boy I was wrong!

It was so hard and so fun that the hour classes just flew! All I could think about was pole! When could I do it again, how could I do it more. And after a year maybe, I'd forgotten about the hoop completely!

Pole dancing helps me to feel strong and powerful but also elegant and graceful. People always said I wouldn't make a good ballet dancer because I'm too heavy footed, but up a pole that doesn't matter. When you accomplish something you've been training hard for, it gives you such a boost, the sort of boost that makes you do your happy dance.

Oh and the cheerleaders. Whether at home with my pole friends or at a class, the level of enthusiasm is just incredible. If you nail a move everyone will be shouting and clapping. I'd never had that at a class before and it's just amazing! Women supporting other women in the common goal makes me so happy! (there are guy polers too just not in my class)

My goals at the moment are to finish my kitchen renovation so I can have my pole room back! Haha. I started doing the exotic side of pole just before the Rona hit and was really enjoying trying to find the sensual side that my teacher says everyone has. I kind of believe her but I want to say YES THAT'S ME!
I just want to add that I was 100 % scared of going to a pole class all on my own, but it is one of the greatest, most empowering things I've ever done.

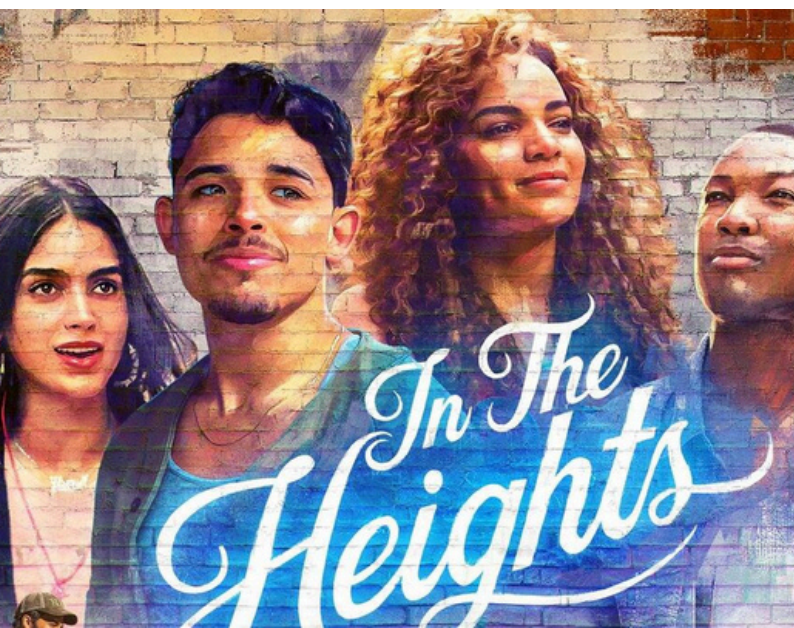
I am fitter and stronger and happier than I've ever been plus I've made some really lovely friends!
It's more than a class it's a family!

FIND YOUR INSPIRATION

DANCE BOSS
THE E-ZINE FOR
DANCERS



If you're looking for a way to add some calm to your days-the Calm app has some great meditations and sleep stories. Check it out on the App store!



Lift your mood and find new inspiration with the movie version of In The Heights! Check it out for some mood boosting, inspirational, musical fun!

Emmalita.X

If you're looking to up your confidence and want to try something empowering and fun, then check out Emmalita.x for her amazing Boudoir shoots and book your spot today! Click [here](#) to see more.

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