

Issue 1

DANCE  
BOSS



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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



## MOVEMENT

with Peter Praunsmaendt  
[@peter\\_praunsmaendt](https://www.instagram.com/peter_praunsmaendt/)  
[www.metime-fitness.de](http://www.metime-fitness.de)

In 2013 I started my dance career by completing the "International Student Visa Program" at Broadway Dance Center, NYC. After this time I studied dance for some more years based in Hamburg/Germany. Besides my career as a dancer and choreographer in Germany, I have always loved to workout, taking fitness classes and expanding my knowledge of the body and mind.

In one of Hamburgs most famous gyms (where I was teaching weekly Jazz dance and Musical Theatre classes) I got the chance to do various group fitness trainings and became a Pilates instructor, workout trainer, jumping fitness instructor and also got my Personal Trainer qualification.

Through my past work in the hotel industry before my dance career, I know how to deal with a wide variety of people and how to assess individual needs. My clients of my one to one coaching appreciate my knowledge and body skills which I learned at Broadway Dance Center, as well as the awareness of exercise and fitness which I mostly learned during my fitness education.

Whilst I am no longer on big stages dancing, I now help to get people moving. To work with people of every age and show them how their body is capable of much more than they thought and helping them to find how their body works is my honest and inner satisfaction.

**Here are 3 of my favourite exercises for a little home workout:**

**1st exercise:** 10 regular squats -> 10 squats lifting your heels so that your bodyweight is on your toes. Tempo 2 counts down, 1 up to your toes

**2nd exercise:** High Plank -> hold for 8 counts -> Pushups as many as you can -> hold again high plank -> start 8 little walks (per leg) whilst holding the high plank

**3rd exercise:** Table top position -> lift the arms 8 times over your head and back to your knees-> bring your knees to the Chest and start kicking your legs in front 8 times

On my Instagram IGTV you will find a lot of home workouts - you just need a mat - that's it! Well, it is in German but you can follow me easily. Every Sunday at 9AM GMT I do a little insta-live-workout - looking forward to seeing you there -feel free to join!





## NUTRITION

with Hannah Burton  
IG [@\\_hannahburton](https://www.instagram.com/_hannahburton)

I'm Hannah Burton, a qualified Nutritional Therapist and founder of Wellness Manor. The pressures of my previous life as a professional dancer left me battling with a secret eating disorder for 17 years. When I finally healed my relationship with food, I learnt that food is SO much more than calories, carbs, fats and proteins! It is the source of our energy, the building blocks for our hormones and the fuel for each and every one of our cells in our body. We are either eating to thrive or simply just surviving.

When you use your body as the "tool" for your trade it is vital that you take care of it. Having a healthy body doesn't mean being a certain shape or size, it means having the energy and strength to perform, having a thriving creative mind, and being able to move easily and pain free.

Our bodies are incredible, each and every system is linked, from our skin to our hearts, our guts to our hormones, it is a complex interconnected machine and the fuel that runs this machine is the food and drinks we put into our mouths.

An easy way to improve your health is to focus on eating SMART...

**S - Source:** Where is your food coming from and what are the ingredients of the foods that you're eating? Learn to read labels and get smart about what you're putting into your body. If you do eat meat and fish, try and eat organic sustainably sourced produce.

**M - Mindful:** Are you being mindful when you eat or are you eating while working, scrolling on your phone, or rushing around between tasks? Eating mindfully helps our bodies to digest and absorb the nutrients from the foods we're eating, so slow down to eat your meals and enjoy every mouthful.

**A - Amount:** Aim for a ratio of 80:20; 80% of the time feeding your body with nourishing foods and 20% of the time feeding your soul with the things that bring you joy.

**R - Range:** Make sure you're having a range of different foods so that you get a range of different nutrients into your diet. Eat a rainbow daily, it not only tastes delicious, but it will make your plate look bright and pretty too. Aim for at least 3 different colours on your plate during each meal.

**T - Taste:** Food should never be boring! Add herbs, spices, & citrus to your foods to make them come alive with flavour.





## MINDSET

With Dr Samantha McElligott  
@theleadershipdr  
The Leadership Dr Blog

Hi, I'm Samantha, a Leadership Consultant and Professional Coach. I am passionate about helping people to develop how they lead because it is something that is so often misunderstood. In essence, it's all about your perception of what leadership is.

Leadership isn't about standing at the front of a group of people and having all the answers. It isn't about being the Boss, and it definitely isn't about shouting! Leadership starts with the way we behave towards others. It is how we inspire (encourage) and create a vision of how we want things to be, even if the 'thing' is simply organising a nice day out with friends; it's how we support and value other people, showing kindness and recognising different strengths and weaknesses; and it's also about creating some level of challenge, too, otherwise how would we, or others ever develop?

It's about how we choose to look at how we interact with ourselves, and with others. Do we allow our judgments and experiences to negatively impact how we communicate? Do we speak to ourselves as if we have failed, or are unworthy? Or do we accept that every person has potential? If we keep ourselves open to having consistently positive interactions, even with ourselves, how might we influence the recipient for the better?

Now this, this is Leadership.

There are two ways of looking at things, this is known as having a Fixed or a Growth Mindset (see Carole Dweck) about how we choose to look at things (because life is all about choice). With a growth mindset we can choose to interpret a situation/a belief in a way that allows us to accept the pros and cons, learn what we need to learn, accept the feedback, dust ourselves off, and work on moving forward. With a fixed mindset, we are choosing to accept that we have nothing to learn here, we simply cannot grow, the obstacles are too great, the feedback is skewed, and we don't want to continue\*.







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With Dr Samantha McElligott  
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### \*Self-Care Note:

While it may seem that a growth mindset is often the 'best' way to go, we may need to check to ensure that we are not, in fact, causing ourselves more harm: Sometimes we are too unwell, or have run out of resources, and we simply cannot pick ourselves back up if we keep going at it. Sometimes we have to accept when to let something go. Sometimes it is the healthier choice for us.

The important thing is to note how we respond to a person or situation. Are we open to their ideas? Do we allow them (include yourself in this!) to make mistakes? Do we listen and respond well to feedback? Do we try something new to challenge our view about what we are capable of? Do we keep trying until it is fair to say we have given it our very best shot?

Take a moment to reflect on how you talk to yourself, and indeed others, when presented with a challenging situation. Think about how that discussion might go if you tried to offer more encouragement, kindness and suitable challenge to the person, even if that person is you. Can you keep a growth mindset about dealing with difficult situations? Could you talk to yourself with encouragement, kindness and a will to develop? What might be possible if you gave it a go?

The next time you are faced with a situation that makes you feel annoyed or frustrated, consider the two mindsets, and how you might adapt your response to be more 'growth'. How you can be a better leader to yourself, and the others in that situation. Think encouragement. Think kindness. Think development.



# THIS MONTH WE CHAT TO

DEE  
KEAVENEY  
[@DARIADECOLLETE](https://www.instagram.com/dariaDECOLLETE)  
[WWW.DEEKEAVENEY.COM](http://WWW.DEEKEAVENEY.COM)

**Hi Dee, I hope you're well! Can you tell us a bit about yourself and your dancing career so far?**

Heya thanks for having me! I always find this question really hard to summarise haha! I'm a dancer from the West of Ireland, started ballet as a 5 year old, I'm sure as a way to give my mother some space! From there I got into jazz and musical theatre as a teenager and when I left school I did two years of full time training at the College of Dance in Dublin and then another year at Broadway Dance Center, NYC. Since then I've lived and worked in London, Malta, Cyprus and India dancing on various contracts and gigs. Then I moved home to Ireland last year and now my main career focus is burlesque and pole dance. I won Best Newcomer at the Dublin Burlesque Festival in 2019 and was made a finalist for Miss Burlesque Ireland 2020, or whenever we get to actually do it!

**What has been your biggest dance highlight to date?**

Probably being an original company member with Nicola Mac Company, now The Queens, after their appearance on The Greatest Dancer. I couldn't join them in the competition but I loved training and working with the company and being involved in the creation of original work at the ground level. It was awesome to be part of such a talented collective of dancers.

**What has been your biggest lesson learned as a dancer?**

Special skills all the way! I started training as a pole dancer while I was still in New York because there is such a demand for dancers with specialist skills. Being able to breathe fire or stilt walk or do aerial has become almost a requirement for most castings and jobs these days.

**What advice would you give to your younger self starting out in the dance world?**

Take more hip hop and street foundation classes! When I was in college, those styles weren't included in our curriculum which I think is crazy now, I wish I had more of that training from a younger age.



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KEAVENEY  
[@DARIADECOLLETE](https://www.instagram.com/dariaDECOLLETE)  
[WWW.DEEKEAVENEY.COM](http://WWW.DEEKEAVENEY.COM)

## Any dance role models?

I don't really buy into dance celebrities so much, I prefer to look at my friends and peers and support their work and learn and be inspired by them. I know so many talented people it's wild!

## Favourite dance studio?

Broadway Dance Center of course! If heaven looks like something different for everyone then that's what mine looks like! But I also love Fly Dance Studio in Dublin where I've recently started training.

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

I recently moved to Dublin after 10 years of being away so I'm enjoying exploring the gorgeous east coast line of my country. I used to travel back and forth to London for shows and to see friends back in the good old days and I can't wait until we get to do that again. I should be in New York right now!

## What are you working on at the moment?

At the moment I'm working on creating new burlesque acts for Miss Burlesque Ireland. So much goes into creating a burlesque performance, from concept to choreography to costume, it all takes work and I'm really trying to push everything up a level, there's a brilliant standard of burlesque in Ireland and I'm lucky to be competing with so many friends.

*"I started training as a pole dancer while I was still in New York because there is such a demand for dancers with specialist skills"*  
-Dee Keaveney







DANCE  
BOSS  
OF THE  
MONTH

[@harrisemily20](#)  
Photo by [@alexbenyonmedia](#)

# Emily Harris

Emily started dancing at the age of four and then went on to train at Buckinghamshire New University for three years where she studied dance and performance. Emily says *"After graduating, I was lucky enough to get a job at Butlins working as a production cast dancer. It's an amazing job which I love and am extremely grateful for".*

You can follow Emily on Instagram at [@harrisemily20](#) to see all of her dancing pursuits and show her some love whilst you're there! Now let's all celebrate Emily as our Dance Boss of the month!



# FIND YOUR INSPIRATION

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



LaDuca shoes are on everyone's lips! They're the 'original flexible character shoe for both amateur and professional dancers'. Check them out at [www.laducashoes.com](http://www.laducashoes.com)



Looking for a good read? Then check out our founder Emily Sophie's book 'Confessions of a dancer' which is part memoir/part self help and available from Amazon [here](#)



Check out Deepak Chopra if you are looking for meditation guidance. Head to [www.deepakchopra.com](http://www.deepakchopra.com) or click [here](#) for lots of free Deepak Chopra videos on YouTube.



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*by*  
*Emily*  
*Sophie*