

Stepping Into Hope and Change

Thursday, April 7, 2011 A free career development conference for dancers

Actors' Equity Building 165 W 46 Street, 2nd Floor Audition Center NYC



Career Transition
For Dancers

The connection to your future

Take control of your future and begin exploring and planning your next steps. The conference is open to pre-professional, current, and former professional dancers of all genres. Dancers do not have to be union members or Career Transition For Dancers' dancer-clients to attend.

Registration 9:30am-10:00am EST in the main lounge

Complimentary breakfast

10:00am-11:30am EST in the main lounge

Welcome by Alexander J. Dubé—Executive Director and Lauren Gordon, MSW, LCSW—Career Counselor

Keynote Speaker Rachel S. Moore, Executive Director of American Ballet Theatre
Creating choices and connections for your future

Introduction to Career Transition For Dancers' signature methodology. Connect with other dancers to identify your present situation and your long-term goals by developing choices and action plans.

Morning Breakout Sessions 11:45am-1:15pm EST

**Identifying your mission and personal statement
(Part 1): The starting point is you**

Identify the unique aspects of yourself that are key to defining your "good fit" career goals. Presented by Paulette Fried, MSW, NCCC. **Sponsored by Yogaworks**

Taking charge of money

This experiential money management workshop will teach you to move into a new relationship with your money by taking control of how you use your energy and time. Presented by Suzie Jary, MSW, LCSW, CP. **Sponsored by Re:ab Pilates**

Telling not selling

Rehearse your verbal communication skills with "30 second sound bites" and other interviewing and networking tips to enable you to be quick on your feet and ready for employment. This workshop includes tips from successful dancer-clients. Presented by Lauren Gordon, MSW, LCSW. **Sponsored by Lindafit Pilates**

Complimentary Lunch 1:15-2:00pm EST

**Resource Fair, Plenary Speaker,
Afternoon Sessions and Wrap-up Party** 1:45-7:00pm EST

Go to the next page for details about the second half of the day.



Register at <http://steppingintohopeandchangenyc.eventbrite.com/>

Live Webcast: <http://www.ustream.tv/user/ctfd> Select **shows and schedules**, then select a session that interests you. Archived Videos will be available immediately after the scheduled session. All photos by Valerie Chin from Dancing Through College and Beyond.

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Resource Fair 1:45-2:45pm EST in the main lounge

Participants include:

92Y Harkness Dance Center

American Center for the Alexander Technique

Bovard Ballroom Dance Teacher Academy

Columbia University's School of General Studies

Dance New Amsterdam

Dance Times Square

Harkness Center for Dance Injuries

Home4Dance.com

IM=X Pilates

Integral Yoga Institute

ISHTA Yoga

The LEAP Program of St. Mary's College

Lindafit Pilates

Moving On Center

New York Foundation for the Arts

New York University's School of Continuing and Professional Studies

Pentacle

PT and Pilates

Sightline Web Design

The Actors Fund

The Field

Yoga People

YogaWorks

ZocDoc



Plenary Speaker 2:45-3:00pm EST

Francesca Harper, Founder of the Francesca Harper Dance Project

Afternoon Breakout Sessions 3:15-4:45pm EST

Careers in dance

A panelist of administrators, artistic directors, choreographers, costume designers, producers and more share how they successfully transitioned from performing to behind-the-scenes careers in dance. Moderated by Suzie Jary, MSW, LCSW, CP.

Sponsored by Bovard Ballroom Dance Teacher Academy

Developing your online profile

This workshop will offer proven tools and techniques to develop successful non-performing résumés, professional profiles, cover letters, and your online presence; includes recommendations from other successful dancer-clients. Presented by Lauren Gordon, MSW, LCSW. Sponsored by Motivated Nutrition

Identifying your mission and personal statement (Part 2): The starting point is you

Learn techniques for assembling your mission statement and methods to stay focused on your achievement. Includes tips from successful dancer-clients. Presented by Paulette Fried, MSW, NCCC.

Wrap-up Party 5:00-7:00pm EST

Join us on the 7th Floor in Career Transition For Dancers' office in Suite 701 to socialize and network with fellow dancers.

Free of charge, but space is limited.

Register at <http://steppingintohopeandchangenyc.eventbrite.com/>

Questions? Contact Kaylen Ratto, Gala Coordinator/Client Outreach at 212 764 0172, ext 232 or kratto@careertransition.org.

Live Webcast: <http://www.ustream.tv/user/ctfd>. Archived Videos will be available immediately after the scheduled session.

Follow us on

careertransition.org



Our mission Your future

Career Transition For Dancers is a nonprofit organization that enables dancers to define their career possibilities and develop the skills necessary to excel in a variety of disciplines.

To volunteer, email dlutt@careertransition.org. Schedule subject to change; accurate as of March 11, 2011. Space generously provided by Actors' Equity Association. Thank you to the Bossak/Heilbron Charitable Foundation for their support of this event. All photos by Valerie Chin from Dancing Through College and Beyond.