

ROYAL ACADEMY  
OF DANCE

# SUMMER CPD

## AUSTRALIA'S FIRST TEACHER INTENSIVE CPD SERIES

**21 & 22 JANUARY 2025**

*In-person & online courses*

**SPECIAL GUEST:**  
ALEXANDER  
CAMPBELL,  
ARTISTIC  
DIRECTOR

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# ROYAL ACADEMY OF DANCE

## INFORMATION

The Royal Academy of Dance is delighted to provide an opportunity for teachers to enhance and focus their teaching expertise on connecting the mind, body and artistic expression to support the development of aspiring dance students.

Join us for one or two full days of in-person CPD workshops, or selected online sessions, aimed at inspiring and upskilling teachers with fresh approaches and strategies in areas such as musicality, teaching practice language, injury risk reduction, performance anxiety and more.

## VENUE

The Royal Academy of Dance  
20 Farrell Avenue  
Darlinghurst NSW 2010

## FEEES

Registration Type	RAD Members	Non-RAD Members
In-person one full day	\$260	\$390
Online 2-hour session	\$90	\$130
Online 1-hour session	\$45	\$65

## CONTACT

Anna Mealing, CPD Coordinator  
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Terms & Conditions

<https://au.royalacademyofdance.org/teacher-training-with-the-rad/cpd-3/cpd-terms-and-conditions/>

# TIMETABLE

## IN-PERSON

AEDT (Sydney time)

### TUESDAY 21 JANUARY 2025

<b>TUESDAY 21 JANUARY 2025</b>		
09:00	<b>Welcome and barre warm-up</b>	<b>RAD, Lindsay Ellman-Brown</b>
	A series of barre exercises to start the day.	
	Warm up class	
09:30	<b>Unlocking Musicality</b>	<b>Lindsay Ellman-Brown &amp; Grant Kennedy</b>
	Explore in-depth how to enhance musicality in students, focusing on various dance rhythms and styles for an open class, aimed at vocational levels. Discover the difficulties often seen with musicality and how best to address and improve understanding, with an opportunity to experience free exercises in differing musical rhythms and styles.	
	Practical workshop	2 Time-Valued CPD hours
11:30	<b>BREAK</b>	
11:45	<b>Recognising Sensations in the Body: Insights into distinguishing pain signals</b>	<b>Maria Anagnostou</b>
	Understand how to identify the difference between delayed onset muscle soreness, muscle tears and bone stress, including watch points for when students are reporting niggles, why these sensations occur and what to do about them.	
	Practical workshop	1 Time-Valued CPD hour
12:45	<b>LUNCH</b>	
1:30	<b>Performance Anxiety: Reconceptualising performance anxiety from the studio to the stage</b>	<b>Shona Erskine PhD</b>
	This introduction to performance anxiety for teachers articulates the underpinning mechanisms of anxiety and how these function in dance performance. By separating somatic and cognitive anxiety we will take a closer look at patterns of anxiety, before developing and practicing performance scripts to mediate anxiety in students' responses to performance.	
	Theory-based workshop	2 Time-Valued CPD hours
3:30	<b>BREAK</b>	
3:45	<b>Discovering Repertoire observation class</b>	<b>Alexander Campbell with Grant Kennedy</b>
	An opportunity to observe students in a Discovering Repertoire class.	
	Teacher observation	1 Independent CPD hour
5:00	<b>FINISH</b>	
5:30 - 6:30	<b>Members Event: In Conversation with Artistic Director, Alexander Campbell</b>	<b>Alexander Campbell &amp; Shelley Yacopetti</b>

# TIMETABLE

## IN-PERSON

AEDT (Sydney time)

### WEDNESDAY 22 JANUARY 2025

	<b>WEDNESDAY 22 JANUARY 2025</b>	
09:00	<b>Welcome and conditioning warm up</b>	<b>RAD, Nicole Baer</b>
	A series of body conditioning exercises to start the day.	
	Warm up class	
09:30	<b>Injury Risk Reduction and Load Management: A wholistic approach for the adolescent dancer</b>	<b>Nicole Baer</b>
	Understand the developing body and brain, optimal injury risk reduction, early injury management, short- and long-term load management, recovery and teaching how to dance smarter.	
	Practical workshop	2 Time-Valued CPD hours
11:30	<b>BREAK</b>	
11:45	<b>Self-Care Solutions: Building a self-care contract for dancer wellness and performance</b>	<b>Shona Erskine PhD</b>
	The wellness resource will support dance teachers to lead their students through a process of developing self-care contracts for maintaining psychological wellbeing. In addition to developing a practical understanding of self-care, the resource covers skills such as mindfulness, grounding, compassion, flourishing and crisis coping.	
	Theory-based workshop	1 Time-Valued CPD hour
12:45	<b>LUNCH</b>	
1:30	<b>Enhancing Teaching Practice Language: Exploring current practice</b>	<b>Julia Barry</b>
	Share, discuss and trial strategies to refresh and enhance teaching practice language to support student engagement, learning and progression. Practical and collaborative explorations of teacher verbal and body language, the effects of language and the balance across technique, musicality, wellness and artistic expression. First in a series of four.	
	Practical workshop	2 Time-Valued CPD hours
3:30	<b>BREAK</b>	
3:45	<b>Pas de Deux observation class</b>	<b>Alexander Campbell &amp; Hilary Kaplan with Grant Kennedy</b>
	An opportunity to observe students in a pas de deux class.	
	Teacher observation	1 Independent CPD hour
5:00	<b>FINISH</b>	
5:30 - 6:30	<b>Members Event: Insights and Innovations with Alexander Campbell</b>	<b>Alexander Campbell &amp; Shelley Yacopetti</b>

# TIMETABLE

## ONLINE

AEDT (Sydney time)

### TUESDAY 21 JANUARY 2025

10:00 - 12:00 AEDT	<b>Performance Anxiety: Reconceptualising performance anxiety from the studio to the stage</b>	<b>Shona Erskine PhD</b>
	This introduction to performance anxiety for teachers articulates the underpinning mechanisms of anxiety and how these function in dance performance. By separating somatic and cognitive anxiety we will take a closer look at patterns of anxiety, before developing and practicing performance scripts to mediate anxiety in students' responses to performance.	
	Interactive webinar	2 Time-Valued CPD hours
2:00 - 4:00 AEDT	<b>Enhancing Teaching Practice Language: Exploring current practice</b>	<b>Julia Barry</b>
	Share, discuss and trial strategies to refresh and enhance teaching practice language to support student engagement, learning and progression. Practical and collaborative explorations of teacher verbal and body language, the effects of language and the balance across technique, musicality, wellness and artistic expression. First in a series.	
	Interactive webinar	2 Time-Valued CPD hours

### WEDNESDAY 22 JANUARY 2025

10:00 - 11:00 AEDT	<b>Self-Care Solutions: Building a self-care contract for dancer wellness and performance</b>	<b>Shona Erskine PhD</b>
	The wellness resource will support dance teachers to lead their students through a process of developing self-care contracts for maintaining psychological wellbeing. In addition to developing a practical understanding of self-care, the resource covers skills such as mindfulness, grounding, compassion, flourishing and crisis coping.	
	Interactive webinar	1 Time-Valued CPD hour
12:00 - 1:00 AEDT	<b>Recognising Sensations in the Body: Insights into distinguishing pain signals</b>	<b>Annie Strauch</b>
	Understand how to identify the difference between delayed onset muscle soreness, muscle tears and bone stress, including watch points for when students are reporting niggles, why these sensations occur and what to do about them.	
	Interactive webinar	1 Time-Valued CPD hour
2:00 - 3:00 AEDT	<b>Members Event: Insights and Innovations with Alexander Campbell</b>	<b>Alexander Campbell &amp; Shelley Yacopetti</b>