

Issue 10

DANCE BOSS



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Cover: Katerina Milioni
Photo: @castexpressionphotography

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 created especially for dancers. My name is Emily Sophie and I'm the founder of Dance Boss. This monthly mag 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 month 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 in the industry-remember, we're all in this together!

To find out more about Dance Boss, simply head to www.danceboss.co.uk where you'll also be able to get your hands on our exclusive Dance Boss products (pictured right). You can also find us on Instagram [@dancebossuk](https://www.instagram.com/dancebossuk) so come and say hi! If you'd love to nominate someone to be Dance Boss of the month, then please get in touch at info@danceboss.co.uk or send us a DM on Instagram.

Be consistent. Stay tenacious. Always persevere.
Emily Sophie





PERFECTIONISM

with Dr Lucie Clements

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

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I am a Chartered Psychologist who helps dancers, dance teachers and parents of dancers to understand how to flourish in dance. Here I introduce the psychology of perfectionism and how to be kinder to yourself to achieve better wellbeing.

I want you to think about the word "Perfect" – what does it mean? When you open the dictionary, it will likely define Perfect as something like "Without fault" or "Flawless". Now think again, do you truly know anyone who is genuinely without fault, or flawless? The answer is probably no, yet as dancers we strive so hard to be the perfect performer, with the dream combination of flawless technique and captivating presence.

Over the years, I have heard more and more dancers showing awareness of the fact that Perfectionism has many unhealthy attributes; it is related to low self-esteem, poor body image and burnout. Why? Because perfectionism involves what are known as perfectionistic concerns, where what one does is never good enough, is overly critical of performance and likely to see all their errors and none of their positive attributes.

This puts dancers at risk of two conflicting possibilities: Overtraining, and pushing too hard (resulting in burnout), or disengagement. Many people don't realise that one of the clearest signs of perfectionism is procrastination since the fear of making an error or being less than perfect results in an inability to act.

You may think that there are many positive attributes of perfectionists; they work hard and are dedicated. These are known as perfectionistic strivings, traditionally thought to be the more positive elements of perfectionism. But overall, it's rare for an individual to show signs of perfectionistic strivings without them occurring hand in hand with perfectionist concerns. That's why some call perfectionism a double-edged sword.

Here's the interesting question – where does perfectionism stem from? An important consideration in dance is socially prescribed perfectionism. These are perfectionists who believe that other people expect them to be perfect and that these other people will be highly critical of them if they fail to meet expectations.





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So, a dancer participating in a dance class where a teacher places high expectation of physical appearance, presentation and skill is likely to be affected. In addition, social media is one of the clearest examples of prescribing perfectionism – what we see is flawless, through filtering, editing and spending hours selecting our best photos.

And I can bet that anyone who self-taped an audition over the last year spent hours working out their best angle, painstakingly refilming until they got the “perfect” footage. But what do we lose when we edit or filter?

Creating a supportive environment in dance reduces the pressure to be perfect.

One way to do this is to reframe the quest for perfection into the quest for excellence. Excellence is a much more flexible attribute, which is associated with positive striving, hard work and focus but importantly an adaptable road to success.

When you set goals preperformance focus on developing a rounded approach whereby doing well is more than just winning or making no mistakes, but also values the intrinsic enjoyment of performance.





ASK THE DR

with Dr Samantha McElligott
@theleadershipdr
The Leadership Dr Blog

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

Q - I feel so nervous in my dance classes that I can't fully let go. How can I stop this?

A - It seems that you are giving yourself quite a tough time, and I'm sorry that you feel like this. There are two things going on here, first is what might be making you so nervous, and second is how you are speaking to yourself.

First, let's look at your nerves. I suspect that you are mainly nervous because a) you're worried about getting it wrong and what others might think about you if you do, and b) because you love dance so much you don't want to mess it up! Is that right? Well, if it is, let's look at the good bits: Wanting to give your best and wanting to perform to the best of your ability are GOOD things. It shows how much you care, how conscientious you are, and how important this thing is to you. Please remind yourself of this whenever you're feeling nervous: You care, so the level of importance becomes magnified.

To tone this down, we need to build in some perspective. What would be the outcome if you made a mistake, forgot some steps, missed a beat, or if someone laughed, or even if you just had to stand at the front? I want you to be really honest here, what is the WORST case scenario?

What we are doing here is not overthinking and turning everything into a disaster movie, quite the opposite, what we are trying to do is prepare ourselves for every eventuality, both Good and Bad. If we can see all the possible outcomes, we can make informed choices. For example, worst case scenario here is that you probably make a bit of a melon of yourself for a few minutes.

The reaction to that situation essentially boils down to two choices: Do I choose to go bright red, accept it happened and then suck it up, as I would advise my best friend, and maybe even laugh along? Or do you choose to allow the moment to mortify you, to take away your love of dance, to inhibit your expression?





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I know it sounds easy, but you really do have a choice here, and if you practice, practice, practice mental rehearsal for what might go wrong, and what would I do about it (THIS is the golden ticket solution!), then if and when something happens, you are already prepared for it. It might still feel rubbish at the time, but it will no longer be a surprise hijack attack on your self worth, it will be something you planned for.

Now time to look at how you talk to yourself. If I am ever going to be known for anything it's the following mantra "Be your own best friend." I've said it before and I will say it again, we would never dream of speaking to our beloved friend the way that we speak to ourselves. I challenge you to listen out for the voice in your head for a day, just take mental note every time your brain says something harsh, insulting, or put-down-y about yourself. Just note how many times it happens. We are just making observations here, not getting pulled into the mental chatter and what it means or how it makes us feel. Remain objective! This is a science experiment.

As you tot up the insults, think about whether or not you would say that to your best mate. If the answer is NO, then say out loud "I would not say this to my best friend. I am my own best friend, so I will not say it to myself." Saying it out loud is reallllly important, as your brain needs to hear it objectively. You can say it quietly, but you must actually verbalise it. Again, this needs lots of practice. Eventually, with practice, you will become really aware of how you speak to yourself, and you will start to make automatic associations between best friend language, and your own. Once you do, you can refuse to allow it.

Please don't lose faith. You can do this, and you will overcome those nerves, you just need to practice being a bit kinder to yourself and practicing for worst case scenarios (but remember, we are not getting overly involved or upset about worst case, we are just making preparations, in the same way we use sun cream to avoid worst case scenarios about burning, ageing, skin diseases, etc.). Good luck!





NLP

with Kamran Bedi
[@coachkamranbedi](mailto:coachkamranbedi@gmail.com)
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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 below:

NLP Practitioner. Online Live Zoom training:

Weekend one – September 24th, 25th, 26th.

Weekend two – October 1st, 2nd, 3rd.

Weekend three – October, 8th, 9th, 10th.

NLP MASTER Practitioner. Online Live Zoom training:

Weekend one – November 19th, 20th, 21st.

Weekend two – November 26th, 27th, 28th.

Weekend three – December 3rd, 4th, 5th.

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!



THIS MONTH WE CHAT TO

KATERINA
MILIONI

@DANCER_KM_
@KATERINAMILIONI_DANCESCHOOL

Hi Katerina, thanks so much for being our July cover star! Can you tell us a bit about yourself and how you got into dance?

First of all thank you so much for having me. My name is Katerina Milioni and I am from Athens, Greece. I had my first contact with dancing when my mother enrolled me to ballet classes when I was about 3.5 years old, since it was her own dream to have ballet classes but never fulfilled (I guess it is how it starts for many of us) and I never stopped since. At first it was ballet and modern dance classes and then various styles of contemporary, commercial. When I was 8 years old my mother took me to watch Swan Lake at the Herodion atticus and I got so mesmerized that I suddenly just knew what I wanted to do in my life and I just needed the right guidance.

What is it that you most love about dancing?

Pfff...there are many things I love about it! To me, it works like therapy even if it is my profession. I love the sense of liberation, the way you just can get lost when you create stuff and it is only you and the movement and the endless possibilities of what you can do with your body and the music. I also love that you can be whoever you want to be, you can create an alter ego depends on the piece or the character and you can express every side a person can have inside them, if you know what I mean, a sexier one, a more badass one, you can just express dark sides, softer ones... I also love the stage and the effect you can have to other people. Make them laugh, make them cry, make them have goosebumps, make them have fun, make them think or forget...

Another thing I love about it is the discipline it takes and maybe some people find it weird, especially the younger ones but it really has a high impact on every other aspect in your life.

The fact that you need to learn the rules, follow them in order to be able to break them later and do whatever you want and experiment or that you have to accept and work with your physical limitations and get to know them in order to work properly and reach your goal, I believe teaches you a lot of life lessons.

The whole procedure from being a student, then professional, teacher, choreographer, whatever you do with it, I believe makes a character. And I also love the fact that you never stop learning. There is no ceiling.



Photo: @peg_leg_green

THIS MONTH WE CHAT TO

KATERINA
MILIONI

@DANCER_KM
@KATERINAMILIONI_DANCESCHOOL

What' has been a dancing highlight for you so far?

A highlight was definitely Bird College.

In the years I was studying dancing in Greece to be a professional, there were not so many sources like you tube or social media to open your eyes to that unlimited world and the techniques and the musicals and the dancers and the workshops and the jobs and the shows.

Either you had to travel to get that input or you had to wait until somebody from abroad, from a company comes so you can have classes with them and get updated or learn something new.

So, for me, it was really exciting the fact that I had all these and I was a part of all that.

After that, every time I got to be on stage, when I was working with contemporary dance companies in Greece or abroad I consider it as a highlight and I am very grateful for every single one.

Can you tell us a bit about the process of setting up your own dance school and how that's been for you?

The whole thing with the dance school came in a bit of a weird way in my life. I could not say it was a completely conscious decision.

When I came back to Greece for good, along with my dancing jobs I was sending cvs to fill my teaching hours. So, there was that dance school I went to and after 6 months the owner calls me and tells me "I am retiring, would you be interested in buying it?" I said yes, but I was not fully aware of what was necessary to do or how it would turn out.

The school was old and a bit outdated in their teaching style, so it was a long and stressful procedure to literally build it again from scratch, introduce a new style of teaching, attract clients and get into the mentality of the "owner". I was extremely lucky I had family and friends supporting me and helping me in all sorts of ways until I found my way.



Photo: @pzoulakis

THIS MONTH WE CHAT TO

KATERINA
MILIONI

@DANCER_KM
@KATERINAMILIONI_DANCESCHOOL

What is your favourite part about owning a dance school?

One favourite part is watching the evolution, the development.

I have students that came to me when they were 6 years old and they are 16 and still there, progressing, dedicating themselves to whatever I want to give them and they put all their heart in it.

The reward of watching them getting really inspired from you, getting the vibe of what you have in your soul to offer them and making your goals theirs.

Also, I learnt a lot as a teacher about my own self and my own possibilities and definitely the motivation to keep on getting better to offer them the best I can.

Another favourite part is the happiness I see in their faces when they dance.

And of course, the pride you feel as a teacher when your little ones grow and decide they want to be professionals and you know that you had something to do with it.

I am not going to tell you that the best part is the freedom you have to set it however you want to, because when you are an owner you know that you go first and you leave last and it comes with great responsibility. But...you also learn a lot from that.

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

I would tell her to be fearless, not comparing herself to anyone else and just stick to her own goals without listening to whatever everyone else had to say...just go for it without second thought. And to have fun with it. To always enjoy the journey.

In this industry you can easily get caught in the game of comparison and feel above or below, listen and believe negative comments (that they are going to be a lot) and sometimes lose your mojo and hold yourself back regarding doing things for example going to an audition or send that application.

Just do it, work hard every day...after all, if you chose to do a job like that you already have the drive to do your best every single day.

Photo: @castexpressionphotography



THIS MONTH WE CHAT TO

KATERINA
MILIONI

@DANCER_KM
@KATERINAMILIONI_DANCESCHOOL

What are some of your future goals with dance/your school?

Well, my school is shut due to Covid for almost 1.5 years so the immediate goals are really humble ones such as jump start it once again.
And then I guess the school shows and all the projects we were doing.
I do not dance anymore so I do not have any specific goal regarding that but who knows what the future holds?

When you're not dancing or being a girl boss, where would we find you?

You can find me wherever there is nature and water, especially sea and wherever I can enjoy silence and a panoramic view of the sky.

"Just do it, work hard every day...after all, if you chose to do a job like that you already have the drive to do your best every single day"

Photo: @pzoulakis





DANCE
BOSS
OF THE
MONTH

Instagram: [@dearcharlottee](https://www.instagram.com/dearcharlottee)
Photo by: [@rgzgcreative](https://www.instagram.com/rgzgcreative)

Charlotte Dear

Charlotte is a professional dancer who began training in Ballet, Classical Greek, Tap and Jazz from the age of 5. Charlotte was a Gymnast between 7 to 12, but decided to concentrate primarily on Ballet, joining the Cecchetti Associates and The Chelmsford Ballet Company. She studied for 4 years at London Studio Centre, and graduated with a First Class Honours in Contemporary Dance.

Since graduating she has trained with some Hip Hop Companies-combining her love for Theatre, Hip Hop and Contemporary dance. She has focussed on being a versatile performer who is able to cross into different art forms and bring them together. Charlotte also trained in LA for a month back in 2018, where she went to JAM, Millennium and Movement Lifestyle. The experience was amazing, and she can't wait to return.

Charlotte was featured in a Next campaign, hula hooping on Social Media Platforms: Instagram, Pinterest and YouTube. After this, she was filmed dancing in a trailer for "Female Faces" directed by Thanos Pantsos- a trailer for an art exhibition of Females and their voices told through different artist mediums. More recently, Charlotte began training with Birdgang Ltd and has really enjoyed her time with the company. Being with Birdgang has inspired her to start creating her own work, some of which may be showcased soon.

To stay updated, follow Charlotte on Instagram: [@dearcharlottee](https://www.instagram.com/dearcharlottee)

FIND YOUR INSPIRATION

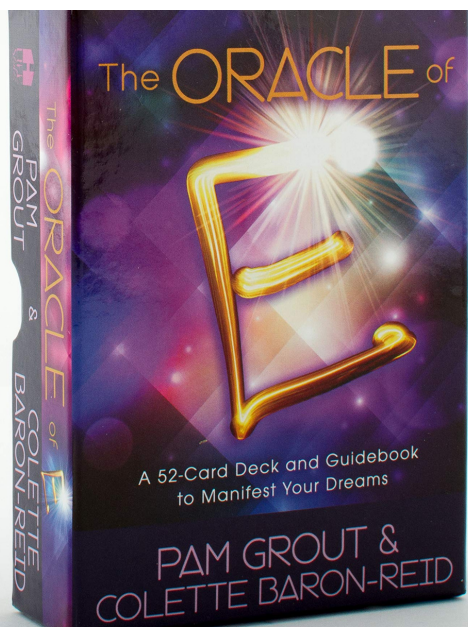
DANCE BOSS
THE E-ZINE FOR
DANCERS



"GIRLBOSS" is an inspiring read for anyone who wants to ignite that fire deep inside them to go after their dreams. Check it out [here!](#)



We're taking it back to the year 2000 with our feature of the dance film "Center Stage". This film may be an oldie, but it will definitely get you reaching for those point shoes by the end! Check it out [here!](#)



If you need a little encouragement that you're headed in a good direction, check out these Oracle cards by Pam Grout. Even if you're not a believer in the woo woo, you'll be surprised at how quickly you'll find a smile on your face after picking a card! Check them out [here!](#)



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