

# Transitions

Volume 10 | Issue 1 | Fall 2013



Over the past year we have been developing a strategic plan to roll out over the next three years. We've had a great deal of input from the community and I'd like to thank you for your time and insights. Through our member services review, several focus groups, individual consultations, *on the MOVE* and *keep on MOVING* conferences and feedback from our offices and reps across the country, we have gained a significant understanding of the salient issues affecting our members and the DTRC's role in helping address some of them.

The pace of change, in our community and society in general, is accelerating rapidly and in changing circumstances resilience is a vital attribute. Dancers need the ability to bounce back from setbacks, adapt to new situations, respond creatively to unforeseen circumstances, and stay optimistic! We are working with our personal counsellors to develop workshops to help build an individual's resilience and we'll keep you posted as we prepare to present these workshops.

We are also looking at the benefits of Peer Coaching. In last year's survey, a number of our members and alumni expressed an interest in acting as a 'transition' mentor. Peer Coaching is a collaborative process where participants reflect, learn, and support each other in taking action. Building on the success of the introductory session we offered at *keep on MOVING* this year, we will be presenting a full day workshop on Peer Coaching in November at our National Office with the plan to offer similar sessions across the country.

We trust that you are taking care to archive your dance materials - programs, posters, photos etc. But what about your skills? Do you have an archive listing all the workshops, courses, and seminars you've taken? Each job you've had? The hard and soft skills you've learned from each? Who you've met? Is it organized and all in one place - ready to add to your resume? We feel this is very important to your current and future career development and the DTRC is working on a tool to help you keep track of this information.

In the meantime we'd love to hear from you if you have any thoughts on these activities, suggestions for other workshops that might be helpful in your career or transition planning, or would like to discuss how the DTRC's services can assist you now and in the future.

We wish you an inspiring and successful year!

Amanda Hancox  
Executive Director

JOYSANNE SIDIMUS  
Founder

AMANDA HANCOX  
Executive Director

NATIONAL OFFICE  
The Lynda Hamilton Centre  
250 The Esplanade, Suite 500  
Toronto, ON M5A 1J2  
416-595-5655 | nationaloffice@dtrc.ca

QUEBEC OFFICE  
3680 Jeanne-Mance Street, Suite 313  
Montreal, QC H2X 2K5  
514-284-1515 | bureauqc@crtcd.ca

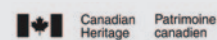
BRITISH COLUMBIA OFFICE  
402 West Pender Street, Suite 712  
Vancouver, BC V6B 1T6  
604-899-0755 | bcoffice@dtrc.ca

REPRESENTATIVES  
Alberta: abrep@dtrc.ca | abrep2@dtrc.ca  
Manitoba: mbrep@dtrc.ca  
Atlantic Canada: atlanticrep@dtrc.ca

www.dtrc.ca

1-800-667-0851

The DTRC gratefully acknowledges the financial support of the Government of Canada through the Canada Arts Training Fund, a program of the Department of Canadian Heritage.



Canada



Canada Council  
for the Arts

Conseil des Arts  
du Canada



50 YEARS OF ONTARIO GOVERNMENT SUPPORT OF THE ARTS  
50 ANS DE SOUTIEN DU GOUVERNEMENT DE L'ONTARIO AUX ARTS

The DTRC is also funded by many other private and public supporters.  
Charitable Registration number: 101258077RR0001

# Celebrating the Impact of BMO Financial Group

To celebrate the generosity of BMO Financial Group and its Director of Corporate Donations Nada Ristich, the DTRC held a special reception on April 2nd in Toronto. Former Board member Beverly Creed graciously hosted the event at her home, giving dancers, DTRC Board and staff an opportunity to personally thank Ms. Ristich and BMO for their support.

“BMO Financial Group has been an extraordinary support for the DTRC’s work. Their corporate responsibility is based on working in partnership with the not-for-profit sector to reinvest in communities and effect change. And what a change their “reinvestment” has made in the lives of transitioning dancers! BMO’s support extends to the complete career cycle of a professional dancer, as they have also been a major sponsor of our *on the MOVE* program for emerging artists,” said Amanda Hancox.

Piotr Biernat, the event’s guest speaker, gave an impassioned speech about his current studies in Architectural Technology and the supporting role that the DTRC played throughout his transition. Piotr has danced with many celebrated artists and companies including Danny Grossman Dance Company, Peter Chin, Kaha:wi Dance Theatre, Mocean Dance, Kaeja d’Dance,



L to R: Amanda Hancox, Piotr Biernat, Nada Ristich, DTRC Board Chair Garry Neil, and DTRC Development Manager Rachel Nolan.

and CORPUS. “It was scary going back to school after so many years but having help from the DTRC was a great opportunity,” said Piotr. “I felt honoured and obligated to do well. It was easy knowing that I have such great support behind my new dream, not only financially but also psychologically.”

“Ms. Ristich has an extraordinary understanding of the potential that dancers have to excel in a career beyond dance,” said Amanda. “It is clear that she cares about the individual artist – their present and their future – and that is a great gift to the DTRC and to all dancers. I can’t imagine a more knowledgeable and supportive partner for the DTRC and we are truly blessed.”

## “Living Creatively” Gives Dancers a Chance to Connect and Thrive

On April 7th, *keep on MOVING* presented its second annual “Living Creatively” event in Toronto. The event brought together early to mid-career dance artists as well as broader dance community members to talk and learn about how to thrive in a life in dance.

Facilitated by Misha Glouberman, the event used techniques drawn from open space and unconferences in order to create highly participatory sets of discussions chosen by the participants. This was an excellent opportunity for everyone to connect, explore, and identify the most challenging and exciting opportunities in the dance community.

Some of the discussion topics chosen by participants included finding balance, supporting fellow dancers, injury, educating young dancers about their community, mentorships, and partnering with artists in and

outside of dance. Visit our website for a complete list of topics, as well as video and photos from the day. [www.dtrc.ca](http://www.dtrc.ca)



# Bouncing Back: Finding Your Resilience

Today's professional dancers face a myriad of career-related challenges. They're concerned about injury, finances, and finding meaningful work opportunities. A lot of dancers are creating their own work, often taking on the roles of dancer, choreographer, producer, marketer, and manager. They also find themselves confronting the difficult emotions that go along with criticism and rejection. In order to recognize and appropriately deal with these challenges, it is crucial that dancers develop their individual psychological resilience.

Resilience is our capacity to adapt to change and to deal with stress, adversity, and uncertainty. Although some people may seem to be naturally resilient, these behaviours can also be learned over time. Helping dancers work on their resilience is one way to help them cope with challenges and keep their career goals intact – on and off the stage.

Last February, at our *danse TRANSIT* conference for graduating dance students in Montreal, we invited DTRC counsellor Dr. Amir Sabongui, Ph.D., to speak to participants

about developing a strategy for bouncing back from adversity. Dr. Sabongui has a Master's degree in developmental clinical psychology and he uses his in-depth knowledge of resilience to work with Canada's largest corporations to develop burnout prevention and recovery programs.

"There is a wonderful concept in neuroscience that is called 'brain plasticity'," said Dr. Sabongui at *danse TRANSIT*. "It means we can change the architecture of the brain depending on the kind of experiences that we expose ourselves to [...] and because the brain is an efficiency machine, it will become more and more efficient in order to produce the kind of emotional state that you require." This ability to "re-program" the brain in order to respond constructively to stressful situations would be a powerful skill to add to the dancer's toolkit.

Dr. Sabongui's full presentation is available for a limited time on our website (in French). We are currently working with DTRC counsellors to develop workshops on resilience for dancers across the country. [www.dtrc.ca](http://www.dtrc.ca)

# Notice to Members

This year, we opted to send our membership renewal notice electronically. You should have already received an e-mail from us reminding you to renew your membership with instructions on how to complete the process online, by phone/fax, or in person.

Please contact us if you have any questions about your renewal. Also, please be advised that a late fee of \$25 applies to all renewals received after November 1st, 2013.

If you do not see the renewal notice e-mail in your inbox, please check your spam folder and add us to your contacts. If your e-mail address has changed, please let us know so we can update our records.



## Support Dancers in Transition

Good news! 2013 is a great year to make your first charitable donation to the DTRC. This is because you may be eligible for a First-Time Donor Super Credit (FDSC) that was introduced in the latest federal budget. Qualifying first time donors will receive an additional federal tax credit of 25% on the first \$1,000 of charitable donations in 2013 or in subsequent years ending December 31, 2017. For example, if you made a donation of \$500 to the DTRC the cost to you would only be \$258 once you factor in tax credits!

For details, go to <http://www.cra-arc.gc.ca/gncy/bdgt/2013/qa01-eng.html>

# The Walter Carsen Retraining Endowment Fund

Last October, the Canadian arts community mourned the loss of Walter Carsen, who passed away in Toronto at the age of 100.

Mr. Carsen gave generously to the arts and advocated for the needs of the community. Mr. Carsen's philanthropy was particularly inspired by his great love and enthusiasm for dance and his generosity provided many dancers the opportunity to shine on and off the stage. Mr. Carsen left the DTRC a generous bequest in the name of The Walter Carsen Retraining Endowment Fund, which

will help to ensure the ongoing success of the DTRC's retraining program.

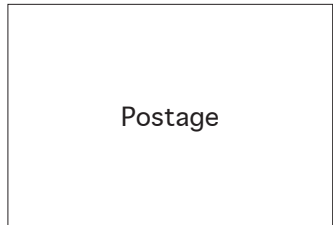
"Walter Carsen was a great friend to the DTRC, a moral support and wise counsellor. It was clear that he truly cared about dancers and their welfare and he will be greatly missed by all in the dance community," says DTRC Executive Director Amanda Hancox. "Walter knew that the arts needed guardian angels and he certainly was one."

The DTRC is deeply grateful for Mr. Carsen's extraordinary contribution to dance in Canada.

*What would you like to see?*  
2014 will see the pilot of a newsletter specifically designed for the DTRC's supporters, and we want to know what you'd like to see included! Stories from donors, "Meet a Dancer" profiles - what would YOU like to read about? Please send your thoughts to Rachel Nolan at [development@dtrc.ca](mailto:development@dtrc.ca)



Dancer Transition Resource Centre  
National Office  
The Lynda Hamilton Centre  
250 The Esplanade, Suite 500  
Toronto, ON M5A 1J2



*Celebrating 25 years helping dancers make transitions*



Scott McLeod



*professional performing careers*