Independent and inter-dependent! In an art form that demands mental, emotional and physical stamina, taking care of oneself is a professional responsibility. In an art form that involves collaboration, physical connection, vulnerability and trust, taking care of each other is also a professional responsibility. Hear from our panel of experts who will share some strategies and best practices. Bring your questions.

SAT. MARCH. 6th
12-2pm PACIFIC TIME
ZOOM
FREE ADMISSION
REGISTER @ DTRC.CA

Guest Speakers

Andrea Downie (EnhanceDance, Safe in Dance International, Healthy Dancer Canada)

Dr. Alina Sotskova (Reg. Psychologist)

Helen Husak (Reg. Massage Therapist, Biodynamic Craniosacral Therapist)

Don Parman (Mgr. Performing Arts, Actsafe)

Dr. Grégoire Gagnon (Respectful Workplaces in the Arts)

With special guest opening & assertion of territory by Jessica McMann
Andrea Downie is a founding member and Past President of Healthy Dancer Canada, the Founding Director of EnhanceDance, a Registered Provider with Safe in Dance International for the Healthy Dance Certificates, and the instructor for the Level 1 C-I Training Teacher Certification Courses. Andrea is an adjunct professor in the Dance Program at University of Calgary and is currently pursuing her PhD in Kinesiology, focusing on transformative experiences and the integration of dance science and somatics in dance classes.

Dr. Alina Sotskova is a registered psychologist in BC. She holds a PhD in Clinical Psychology. Alina is also a professional dancer and choreographer, with an integrative and contemporary framework of her dance practice. Alina’s dual careers in psychology and dance inform one another. She is the Artistic Director of Voirelia: Dance, Psychology & Philosophy Hub (voirelia.com). Voirelia is a non-profit dance company that creates contemporary dance through interdisciplinary collaboration and with dedication to humanistic philosophy.

Helen Husak is a 2200hr Registered Massage Therapist, yoga instructor, and practitioner of Biodynamic Craniosacral Therapy. She also holds a Bachelor of Arts degree in Dance from the University of Calgary. Her 20 years of experience as a professional contemporary dance artist provide her with extensive knowledge of the body, mind, and spirit in motion. She is in awe of the body’s innate healing intelligence and empowers her clients to attune to their inner and outer resources, fluidity and strength.
Don Parman is Manager, Programs and Services, Performing Arts for Actsafe Safety Association. Don’s twenty-five-year career has taken him from student, to crew, to supervisor and manager. Along the way he has worked with some amazing organizations: The Massey Theatre, Vancouver Folk Music Festival, Royal City Musical Theatre and The Canadian Institute for Theatre Technologies, to name just a few. Don now brings all of that experience and love for live performance to Actsafe Safety Association. From ladder safety to air quality Don has experienced it first hand and can help you navigate the world of performing arts safety.

Dr. Grégoire Gagnon is a manager, pedagogue and musician fostering culture and promoting arts from the stage to the classroom to the boardroom. Aside from being a lifelong academic and a real-world problem solver, Grégoire is (amongst other things) currently the Executive Director of the Cultural Human Resources Council (CHRC), the President of the Ottawa Guitar Society and in all of his roles, he strives to make others thrive. As part of his work at CHRC, Grégoire is a consultant with the Respectful Workplaces in the Arts initiative.

Jessica McMann is a Cree (Cowessess, SK) musician, contemporary dancer and choreographer. She is also a classically trained flutist with a Bachelor of Music from the University of Calgary and an MFA in Contemporary Arts from Simon Fraser University. Her recent compositions and soundscapes explore Indigenous identity and history. She is also co-founder and co-director of Wild Mint Arts, an Indigenous arts company. Currently her personal experience, Two-Spirit identity, Cree and Blackfoot language, history of powwow and hoop dancing, and the strength of Indigenous women guide her contemporary dance work. She works regularly with Elijah Wells, a Blackfoot animator, to bring the stories of Transgender, Two-Spirit and Queer persons alive. Jessica is a special guest speaker for on the MOVE/West, offering an opening and assertion of territory for our sessions.