

One Dance UK Healthier Dancer Programme Talks Booking Form

Name of organisation:

Address:

Person booking:

Email address:

Telephone number:

**Talks you would
like to book:**

For dancers

Introducing healthy dance practice
Perfectionism
Confidence and anxiety
The psychology of injury
Psychology and performance preparation
Theory and practice of interval and circuit
training Dancers' physical differences
Nutrition and hydration
Rest and overtraining
Warming up and cooling down
Dance Specific Conditioning with Athletic Artist
Floorwork
Partnering

For dance teachers

Empowering Dance
Managing adolescence
Physical differences
Hypermobility
Eating disorders
Fitness training
Fitness testing
Schedule for success
Safe dance practice

Modules:

For dancers

Dancers' Module 1: Injury and the Dancer
Dancers' Module 2: The Mind in Dance
Dancers' Module 3: Dancing Fit

For dance teachers

Teachers' Module 1: How to
Integrate Fitness into Dance
Programmes

Age and background of attendees:

Number of attendees per talk:

Preferred dates:

Please return completed forms to hdp@onedanceuk.org or
One Dance UK Healthier Dancer Programme, Unit A402A, The Biscuit Factory, 100 Clements Road, London
SE16 4DG

We will be in touch as soon as possible to finalise arrangements.

Thank you for your booking!