

Dance has shaped my life for nearly two decades, fueling my passion, discipline, and creative voice. As a performer, choreographer, and educator, I believe in the power of dance to inspire, transform, and empower. My philosophy centers on guiding students to find their own artistic identity while nurturing technical excellence, creativity, and confidence.

Through personal experience, I understand the challenges dancers face—self-doubt, comparison, and the pressure to meet expectations. These obstacles shaped my own growth, teaching me the value of persistence, self-trust, and individualized learning. I bring this perspective into every classroom, supporting students not just as dancers, but as whole individuals navigating their own unique journeys.

I strive to create an inclusive, student-centered environment where every dancer feels seen, supported, and challenged. I believe learning thrives in a space where effort is valued as much as achievement, and where small successes are recognized as vital steps toward artistic maturity. My teaching emphasizes goal setting, emotional awareness, and personal responsibility, empowering students to connect movement with meaning.

Teaching, to me, is an extension of performance. It's an opportunity to engage, communicate, and uplift. It requires empathy, adaptability, and presence. Whether in a studio, secondary school, or higher education, my goal is to help students grow not just in skill, but in confidence and purpose. I want them to leave my class with a deeper connection to themselves, their artistry, and their capacity for growth.

One of my favorite words is the word *Persistence*. I use this word to continue having drive, push my boundaries, and put hard work and dedication into what I love most. The act of persisting allows for growth to happen on an interpersonal level and within this field of dancing, performing, choreographing, and teaching; persistence is key.

Within my goals of wanting to perform, choreograph, and teach; persistence is the key factor in how I will achieve success in these fields. Especially when teaching, showing my students how individual focus on persistence can lead to the most rewarding success will create the most supportive space for them to achieve their greatest goals. Having a teacher that shows how students working hard, dedicating their time to their craft, and allowing their artistry to shine through will give them the most success which in the end, is the most rewarding and fulfilling feeling for both the teacher and the dancer to have.

Dance education is not about competition. It's about discovery, resilience, and expression. Through persistence, mentorship, and creative exploration, I aim to inspire the next generation of dancers to move with intention, create with authenticity, and grow with courage.

For my dancers- “Dance unapologetically. Dance without hesitation. Be fearless and express yourself authentically.”