
Surviving

Choreo Learner

- **Mind-set/Attitude is everything!**
Set yourself up for success by telling yourself you can do this - because you totally can!
- **Allow yourself to play!** When you play, anything is possible and perfection is never the goal. If we never tried anything new we'd never improve, right? So allow yourself to find the new ways your body can engage with music and tell stories and bring you joy and have fun.
- **Be patient with yourself.**

Choreo Leader

- **Understand your audience.** As one with an aptitude, love, and comfort with movement, it's important to remember that you will almost always be working with a group of humans who have a full range of different relationships to and with movement - some like you, and some very NOT like you. :)
- **Create a safe space** where play can be explored.
 - A time when concrete results are not the goal.
 - Where there is no judgement of bodies or what they can do.
 - Where failure doesn't exist

Thriving

Choreo Learner

- Take the time you need to get the results you want.
- Incorporate kinesthetics [the study of body motion, and of the perception, both conscious and unconscious, of one's own body motions] in your personal rehearsal and performance plan.
- Relish the opportunity to make movement and character your own. If these moments make you unsure, you can:
 - Take time to play in and out of rehearsal - use mirrors or record yourself.
 - Grab a riser buddy and play with them so you have someone to reflect back choices.
 - Reach out to your leadership for feedback and ideas.

Choreo Leader

- Choreograph to the musical plan. Good questions to ask:
 - How can this movement support the tempo? Dynamics?
 - Are any movements hindering the musical plan?
 - Can we sneak in any kinesthetics from our warm ups?
- Unity (in the Sweet Ade-sense) is more about matched energy than precision movement.
- Don't let a performance dictate your success or the level of "done-ness" of a song.
 - Every performance is a chance to show where a piece is now.
 - Music AND movement should change and grow together.
 - Just because you're putting something in front of people, doesn't mean that it can't still have elements of play in the preparation.
- Don't be afraid to try new things. Sometimes you see another group do something and you want to try it on your group. Go for it! And if it works, keep it. And if it doesn't, at least you had the experience of trying that thing. It served its purpose and now its on to the next great idea. Learning what doesn't work is valuable, too!

Bottom Line: HAVE FUN! Because that's what this is really all about!