

Elizabeth A. Sullivan
Success Coach & Wellness Mentor for Pre-Professional Dancers

Dear Moms,

Having your daughter in a pre-professional dance program is an experience!

It is exciting to watch her improve and grow, but it can also be extremely nerve-wracking.

As a parent, are you concerned about:

- your dancer's body image?
- what she should be eating? (or what you should be feeding her?)
- the competitive atmosphere?
- her dance friendships in light of that competition?
- how she's balancing academics with dance training?
- whether she should pursue a career or not?

If you share these concerns, then you're probably in the right place.

Even moms who danced themselves can get overwhelmed by the pace and seriousness of this type of training.

Maybe you're like a lot of the parents I talk to every day: you want to support your daughter, but sometimes, you're not sure how to best do that.

Maybe you're like my parents who knew nothing about the dance world and always felt they were a little bit "unqualified" to be making decisions.

Or maybe you're getting conflicting information from different schools about your daughter and you're not sure what's what.

- Has it been suggested that your dancer should lose some weight, but her pediatrician says she's healthy?
- Is she getting to that age when a decision needs to be made about how serious she is about dancing?

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- Has a school expressed interest in her, but going would mean moving away from home?
- Does everyone see the potential in your daughter, but she's feeling indecisive about what she wants?

Of course you're feeling confused. Anyone would.

Dance schools are set up to do one thing really well: to train young dancers in technique, artistry and performance.

Most schools are really good at this.

But there are so many other things that dancers and their families need in order to be truly successful and happy: they need to know how to feed their growing bodies for life as well as dance, how to cope with the emotional turmoil that comes with the territory, and how to balance their academics with their ambition, for starters.

That's where I come in.

Hi. I'm Elizabeth, a former professional dancer turned coach and mentor for pre-professional dancers and I've developed a unique approach that helps these unique girls succeed in their dancing and in their life.

When you add my coaching and mentoring to traditional dance training, all kinds of growth is possible:

- Your dancer creates a positive, educated relationship with food; she builds a body for life, instead of disordered eating.
- She learns how to handle her limitations or frustrations in the classroom; she becomes a smarter, more resilient dancer, instead of feeling defeated by the smallest shortcoming.
- Your dancer becomes honest about addressing physical pain; she has fewer and shorter injuries, instead of being sidelined by injuries that were ignored.
- She understands how casting and auditions work; she is able to overcome setbacks and maintain her focus, instead of losing faith in herself.

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For example...

My client Claire, age 17, was afraid she wasn't ready for a company and almost postponed auditions, but instead traveled to Europe and auditioned for companies all over the US and just signed her first professional contract.

Or my client Julia, age 15, despite competing in high-stress environments and dancing in a top-tier school, has been able to stay calm and focused on what matters to her: having fun and making progress in her dancing.

Or Lilah, age 17, I met when she was at a crossroads about her future: whether to put academics first by going to a liberal arts college or to go for it and dance in a conservatory? She recently made her choice: an ivy-league school with a conservatory-style dance program.

Or Lexi, age 16, her perfectionism extended to her eating habits and pretty soon, she was mired in an eating disorder that took her out of the studio. Today she has a balanced approach to eating and her body and is dancing abroad for a touring company.

"Well, I'm not a dancer, so I'm not really sure..."

Listen, most of the parents I've worked with want to be more involved, but feel at a loss, especially if they weren't dancers.

It really doesn't matter what your background is, you should be an integral part of the decision-making process.

I don't relegate you to the sidelines, as might happen in the studio; instead, I enlist you in my mission to support your dancer in the most holistic, optimistic way possible.

If you want to navigate the training environment with someone who wants the best for your child, whatever that may be, then I encourage you to contact me.

I won't have a stake in your daughter's success as a dancer, but only in her success and happiness as a person.

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Ready to take the first step?

If you're serious about discussing what it would look like for you and your daughter to work with me, please contact me to set up a complimentary 60-minute discovery phone session so I can learn more about what's going on for you and your dancer. If I think it's the right fit for both of us, then I'll answer all your questions about what it would look like to work together.

I look forward to hearing from you soon!

Elizabeth

P.S. Do you want your dancer's input to see if she's ready to work with me? Please share this letter and have a chat about how she feels about it.