



Stepping into hope and change

A **free** career development seminar for dancers

Thursday, April 8th

Actors' Equity Building 165 W 46 Street, 2nd floor Audition Center

Make this year count! Get a certification or degree in under a year

Hot careers and exploration Midterm/career exploration/further education

Suzie Jary, moderator 2:45-4:15pm EST

Panelists include Susan Moran of Power Pilates; Joan Volpe of Fashion Institute of Technology; Alison Cramer of Laughing Lotus Yoga.

For more information about the certification programs and class schedule of Laughing Lotus Yoga Center of NY, visit <http://www.laughinglotus.com/>

POWER PILATES & CAREER TRANSITION FOR DANCERS

MATCHING GRANT PROGRAM



ABOUT POWER PILATES

Power Pilates is the leading educator of classical Pilates in the world with 110 training centers in 10 countries supported by more than 7,000 Power Pilates trained professionals.

For 20 years Power Pilates has been dedicated to Pilates training that honors the integrity of the original method developed by Joseph Pilates. Our rigorous training programs are taught by the highest qualified Teacher Trainers in the industry. Combined with an emphasis on the "Art of Teaching," we provide our students with a profound learning experience and the strongest preparation

MATCHING GRANT PROGRAM

Through the Power Pilates / CTFD Matching grant program, eligible dancers may apply for a grant to offset tuition costs with awards up to \$4,000.

Become a Power Pilates Instructor today!

ELIGIBILITY GUIDELINES (please direct any questions to the Grants Administrator at CTFD)

Financial support is available to current and former professional dancers who can demonstrate earning their livelihood from performing as a dancer. Choreography or teaching dance is not applicable for meeting eligibility requirements.

THE CAROLINE H. NEWHOUSE SCHOLARSHIP FUND

Grants of up to a total of \$2,000 for each individual may be awarded to those dancers who are able to provide relevant documentation to meet ALL of the following eligibility requirements:

- ✓ A performing dance career of 7 or more years. Performing years need not be consecutive or current.
- ✓ 100 weeks or more of paid dance employment in the United States within a career-span of 7 or more years.
- ✓ Total gross earnings of a minimum of \$56,000 arrived at by combining the annual gross income of the 7 highest earning years of a performing dance career.
- ✓ For work done entirely under union jurisdiction, providing documentation of 100 or more weeks worked in the United States in at least 7 years under union jurisdiction will meet all eligibility requirements. Documentation of additional earnings is not required.

Completed applications must be received by mail or be hand delivered on or before the deadline date. Applications received by fax cannot be accepted. Applications received after the deadline date cannot be considered until the following grant application cycle.

DETERMINE YOUR ELIGIBILITY

Contact Ann Barry, Grants Administrator, at 212-764-0172 x224 to determine your eligibility by phone. After your eligibility to apply for funds has been determined, you must schedule an initial consultation with a career counselor. In New York City, call 212-764-0172; in Los Angeles, call 323-549-6660. For applicants outside of the New York City or Los Angeles area, a consultation can be conducted via CareerLine, our nationwide, toll-free career counseling hotline.



2010 APPLICATION DEADLINES **MAY 5** **JUL 7** **SEP 1** **NOV 3**

49 WEST 23RD STREET 10TH FLOOR NEW YORK NEW YORK 10010 | WWW.POWERPILATES.COM | INFO@POWERPILATES.COM | T 212.627.5852 | F 212.627.5624

Biographies of Career Transition For Dancers staff

Suzie Jary, MSW, LCSW, CP, PAT, Client Services Consultant

Presenter for

Make this year count! Get a certification or degree in under a year

2:45-4:15pm EST

Suzie has been in a professional counseling role with Career Transition For Dancers since 1994. Prior to this, she was a Broadway dancer who participated in the organization's counseling services and scholarship programs to obtain a BA and MSW from Hunter College and make her own career transition into the helping profession.

Currently she conducts workshops for the CTFD National Outreach Project, bringing counseling and information to dancers across the U.S. Previously, she was CTFD's Director of Client Services and spoke internationally and nationally about the issues dancers face. Suzie also has provided psychotherapy and led groups and workshops in the addiction and mental health area. She is a Licensed Clinical Social Worker, a Certified Psychodramatist in action methods and a Practitioner Applicant for Trainer for teaching experiential methods. Based out of Fort Worth, TX, Suzie provides in-person and distance personal and career counseling and coaching, resume writing and trainings privately and for organizations.

Alison Cramer

Laughing Lotus Yoga Center

Alison Cramer began training for her dance career from the age of 4 – studying at the Joffrey Ballet School, Steps and Broadway Dance Center to name a few. She booked her first show at sixteen and went on to dance and choreograph professionally for 18 years. An injury led her to a yoga class, and she began taking yoga occasionally in 1994. When she discovered Laughing Lotus Yoga Center, something clicked and her practice became an integral part of her life. The vinyasa yoga style as taught by Jasmine Tarkeshi and Dana Flynn, the Co-Directors of the Center, incorporated a love of movement, a celebration of creativity, and the Spirit of Healing. She became certified to teach through the Center in 2003 and is now a Senior Teacher and Creative Director at the Center, as well as being a co-teacher on their Teacher Training Program. Alison feels extremely blessed to have discovered a new life and community that is so welcoming, supportive and fulfilling! www.laughinglotus.com.

Susan Moran-Perich

Director and Co-owner

Power Pilates

Susan Moran-Perich brings a varied background of professional dance, massage therapy and Pilates training to her work. During her ten years with Doug Elkins Dancers, she won the coveted Bessie Award. Susan's intense involvement in the dance community allows her to bring a knowledge and understanding of stress-related injuries to Power Pilates™, which enables her to devise the proper Pilates therapy for their treatment. She has been the Director and co-owner of Power Pilates since 1995, overseeing the development of the Power Pilates Teacher Training Certification Programs. Susan has taught internationally, setting up Pilates programs at some of the finest spas around the world. She brings to her Pilates work clarity and understanding of how to teach, which is unprecedented in the fitness world. She received her Pilates certification in 1988 from Romana Kryzanowska.

JOAN O'CONNELL VOLPE

Managing Coordinator

The Center for Professional Studies

The School of Continuing and Professional Studies

Fashion Institute of Technology

State University of New York

Ms. Volpe's direct responsibilities include development of marketing strategies for growth of non-credit training, and information outreach to individuals, companies and trade associations throughout the global marketplace. Management includes overseeing development of print media, direct mail marketing, contract client consultation, program development, implementation and promotion, as well as fiscal responsibility. She is currently an Adjunct Assistant Professor for the Fashion Merchandising Management Department at FIT. She is the 2008 recipient of The SUNY Chancellor's Award for Excellence in Professional Service.

Prior to joining FIT full-time, Joan held a variety of positions in fashion and the related industries. These include retail buying and merchandising for Bloomingdale's; marketing executive positions on 7th Avenue for Touch of Broadway and Vivianne Woodard Cosmetics, division of Presto Industries. She also served as the founding chairperson and director of cooperative field studies for the Fashion Merchandising Dept., The Berkeley College, New Jersey and New York where she achieved special recognition for contributions to the growth of the fashion division of the college. For several years she ran her own consulting business specializing in marketing and promotional events for regional malls, stores, and manufacturers. Joan has had articles and reports pertaining to fashion marketing and education published and is a frequent panelist and speaker. She holds an M.A. in Media Studies from New School University; a B.A. in English Literature, minor Fine Arts from Caldwell College and certificates from the New York School of Interior Design and New York Advertising Club.

Resources

<http://www.makingthedifference.org> - The government's portal primarily for college students. It has a lot of good information for finding a place to serve in the Federal Government that is right for you.

Books Recommended by Chicago CTFD Counselor Maryellen Langhout

Goal Setting

The Complete Idiot's Guide to Reaching Your Goals, Jeff Davidson, 1998

Write It Down, Make It Happen, Henriette Anne Klauser, 2005

Organizing Strategies

Getting Things Done: the Art of Stress Free Productivity, David Allen ,2002

Ready For Anything: 52 Productivity Principles for Work and Life, David Allen, 2004

Making It All Work: Winning at the Game of Work and the Business of Life, David Allen, 2009

Eat That Frog! 21 Great Ways to Stop Procrastinating and Get More Done in Less Time, Brian Tracy, 2002

Career Exploration

Do What You Love, The Money Will Follow, Discovering Your Right Livelihood, Marsha Sinetar, 1987

How to Find The Work You Love, Laurence G. Boldt, 1996

Zen and the Art of Making a Living, Laurence G. Boldt, 1991

Refuse to Choose! Use *All* Of Your Interests, Passions and Hobbies To Create The Life and Career Of Your Dreams, Barbara Sher, 2006

Soul Work, Finding the Work You Love, Loving the Work You Have, Deborah P. Bloch & Lee J. Richmond, 1998

Do What You Are, Discover the Perfect Career for You Through the Secrets of Personality Type, Paul D. Tieger & Barbara Barron, 2007

300 Best Jobs Without a Four-Year Degree, Michael Farr, 2006

175 Best Jobs Not Behind a Desk, Michael Farr & Laurence Shatkin, 2007

Cool Careers For Dummies, Marty Nemko & Paul and Sarah Edwards, 2001

Careers for Non-Conformists, Sandra Gurvis, 2000

How'd You Score That Gig, A Guide to the Coolest Jobs, Alexandra Levit, 2008

Planning Your Career in Alternative Medicine, Diane Boulerice Lyons, 2000

Top 100 Health Care Careers, Saul & Edith Wischnitzer, 2005

150 Best Recession-Proof Jobs, Laurence Shatkin, 2009

200 Best Jobs For Renewing America, Laurence Shatkin, 2009

Great Jobs in the President's Stimulus Plan, Laurence Shatkin, 2009

Resume and Cover Letter Writing

Same Day Resume, Michael Farr, 2007

Quick Resume and Cover Letter Book, Michael Farr, 2008

202 Great Resumes, Jay A. Block and Michael Betrus, 2004

101 Best Cover Letters, Jay A. Block and Michael Betrus, 1999

Job Searching and Networking

Best Career and Education Web Sites, A Quick Guide to Online Job Search, Ann Wolfinger, 2009

The Ultimate Job Search, Intelligent Strategies to Get the Right Job Fast, Richard Beatty, 2006

Networking Steps: Learn Networking -- Get Working, Phil Roth, 2009

Seven Days to Online Networking, Ellen Sautter & Diane Crompton, 2008

Job Interviewing

60 Seconds & You're Hired, Robin Ryan, 2008

Next Day Job Interview, Michael Farr & Dick Gaither, 2009

Interview Magic, Susan Britton Whitcomb, 2008

The 250 Job Interview Questions you'll most likely be asked ...and the answers that will get you hired! Peter Veruki, 1999

Handling Job Stress

Work as a Spiritual Practice, A Practical Buddhist Approach to Inner Growth and Satisfaction on the Job, Lewis Richmond, 1998

Type Talk At Work, How The 16 Personality Types Determine Your Success On The Job, Otto Kroeger with Janet M. Thuesen, 1992

Transitioning

Make Job Loss Work For You, Richards Deems & Terri S. Deems, 2010

Start Your Own Business and Hire Yourself, Suzanne Caplan, 2010

Job Search Sites

www.indeed.com good search site for job seekers.

www.simplyhired.com another good search site for job seekers.

www.mandy.com international film, TV production resources.

www.getdancejob.com good job search site for opportunities in the dance field.

Short Term Training and Certificates

<http://www.cuny.edu/academics/conted.html> City University of New York continuing education programs, short term trainings and certifications at all of the CUNY Campuses.

<http://www.cuny.edu/academics/conted/green/training-programs.html> training programs in sustainability and green product design, products and technology.

<http://www.baruch.cuny.edu/realestate/professional-education/ny-state-re-licensing.html> real estate salesperson license at Baruch College, CUNY

Money and College Financial Aid

www.Fafsa.ed.gov Free Application for Federal Student Aid.

www.textbookaid.org American Opportunity Tax Credit higher education resources.

www.Simpletuition.com has links to financial aid for college, finance, debt and mortgage.

www.Libertytax.com site that has calculators for withholding for income tax.

www.Smartmoney.com good site for spending, investing and understanding money management.

Associations

www.cae-nyc.org The Center for Arts Education, to restore and sustain the arts in the public school in NYC.

www.nccata.org, The National Coalition of Creative Arts Therapies Associations site, an alliance of professional associations dedicated to the advancement of the arts as therapeutic modalities.