

## Track 1: Survival work

### Short term, immediate bread and butter

#### Session 1: Help, I need income now! Survival strategies to pay the bills

Learn how to use the interests and adaptable skills you have cultivated as a dancer to find creative and sustainable work immediately. Whether it is for your primary income between gigs or secondary income to make ends meet, the session will give you loads of ideas on how to stay financially afloat.

#### Session 2: Putting your best self forward: networking, marketing, and entrepreneurial techniques

Learn how to market yourself to get your foot in the door quicker. Using the skills you have developed as a dancer or even at another job, you will learn how to develop a professional identity outside of the concert hall and feel comfortable with promoting yourself in various mediums such as email, new media, online, in-person, etc.

## Track 2: Hot careers and exploration

### Mid term career exploration, further education

#### Session 1: What opportunities are out there? A look at hot career areas for future career planning

Learn how to take the experience and skills you already have and get into an industry that is in high demand—as reported by the U.S. Dept. of Labor. We will explore careers in the environment (green jobs), nursing, technology, education, health, fitness, and more. You will learn how vast, promising, and complimentary these careers are for dancers.

#### Session 2: This year counts! Get a certification/degree in under a year

Are you getting ready to transition or take your interests to the next level? Learn about certifications, degrees, and training programs that take under a year to receive. In addition to pilates and yoga certification, dig deeper to find programs that build on your skills and will accelerate your career.

## Track 3: Dancing into a passion-based career

### Long term, self exploration

#### Session 1: Where do I go from here? How do I find my next passion?

Take an inside-out approach to self exploration with a playful approach to tapping into your creative possibilities. Exercises will include fantasy work and creative imagery—all designed in a safe environment to help you think “outside the box” and into your next passion-filled career.

#### Session 2: I've got my passion! Now, how do I use it?

Learn how to find an energizing career that incorporates your passion with your values, ideal work style, work environment, and even your preferred customers. This is your chance to get all the resources you need to find a “good fit” career.

Check the [National Outreach](#) section of our [Schedule of events](#) page for time, location and details. If you have any other questions or suggestions about the seminar materials, email us at [nationaloutreach@careertransition.org](mailto:nationaloutreach@careertransition.org), with the subject: **Stepping into hope and change.**

**Did you know? Of all performing artists, dancers are in the lowest income bracket, earning less than \$20,000 a year, with just 25% having full-time positions.**

## Mail call

### Letters from our clients

#### Alicia Graf

Dear Career Transition For Dancers,

Thank you so much for your generous support! I honestly feel like you have been with me on my life's journey since I became a professional dancer in 1996. No other organization has been so gracious about supporting my life outside of dance. Thank you for believing in me.

Much love,  
Alicia Graf

#### Leah Gallimore

Dear Career Transition For Dancers,

I wanted to send you a note thanking you for all that you have done and for all that you will do in the future. I am sure that you already know the impact that the organization has had on the lives of dancers, but I still want to let you know how much I appreciate everything that has been done for me. Your organization really does make a difference and I thank you for all it has made in my life.

Sincerely,  
Leah Gallimore

#### Mahri Relin

Dear Ms. Westerfield:

I want to thank you and AEA for helping contribute to the Newhouse Grant that I was recently awarded. I have begun taking preparation classes for the GRE exam so that I can ultimately attend grad school for clinical psychology. This grant paid for the classes, and I already know that they will help me improve my GRE scores considerably.

As dancers, we often worry that there is very little left for us to do after we choose not to dance professionally anymore. We also have spent so many years sacrificing money for the joy of dancing that many of us worry about having enough resources to make that transition in the first place. The Newhouse Grant makes this transition feel so much more possible.

Thank you for helping me—and the rest of us—move ahead in our lives with more support. I have enjoyed being a part of Actors Equity, and I look forward to my future as a dancer-turned-psychologist!

Warmest,  
Mahri Relin

#### Carol Bryan

Dear Mr. Fayette,

I am most fortunate to be a recent recipient of an entrepreneurial business grant from Career Transition For Dancers. I am so grateful for this organization and have great respect for those who are involved; from the career counselors, to all the speakers they invite to present and for all the resources they provide.

I had a wonderful professional performing career with American Ballet Theatre as an adult and as wonderful a performing career for ten years at the School of American Ballet with NYCB.

I became a client in 1995 when I wanted to stop teaching ballet after a lengthy teaching career of thirty years and didn't know what to do. I certainly felt I had no transferable skills to bring to a different career. I knew I had to go to

your organization but resisted for a long time thinking I could transition to something else myself. Not so easy! So, I made the phone call and scheduled an appointment. I knew that they understood and knew the struggle I was facing. Enter, Suzie Jary, my career counselor. I looked forward to each and every counseling session with her. Suzie gave me tremendous guidance and paved the way for me to think more clearly about what my interests, objectives, and goals were. More importantly, what my strengths and attributes were. My confidence and self-esteem were something I really needed to work on. After working with Suzie, I felt empowered to try new things. Suzie was patient, supportive, and never negative. She believed in me and helped me believe in myself.

Career Transition For Dancers is a true 'gift' for any dancer. The organization has a special place in my heart and I will always be grateful that my second and third career is the direct work I did with your counselors.

Sincerely,  
Carol Bryan

**Did you know? Because dance is so competitive, many working dancers go out of their way to keep quiet when injured or feel they are being underpaid, fearing it may prematurely end their careers.**

## Program updates

### Free services around the country

#### National Outreach Projects Workshops in 2010

Career Transition For Dancers extends its reach by taking its programs and services on the road in the following cities:

- Austin, TX**
- Charleston, SC**
- Cleveland, OH**
- Las Vegas, NV**
- Nashville, TN**
- New Orleans, LA**

#### Career Conversations In New York City

Career Conversations are a series of seminars designed to introduce dancers to a variety of career options and to elaborate on key topics to help with their development. In early 2009, archival videos of each seminar were made available to view on our site or for download through iTunes, all free of charge.

- Jan 25 **Getting / completing your degree**
- Feb 22 **Health & wellness careers**
- Mar 22 **Embracing your transition**
- May 17 **Planting and growing your business**

#### Career Conversations In Los Angeles

- Jan 26 **Dancer's Round Table**
- Feb 23 **Personal finances—recession does not have to mean depression**
- Mar 30 **Finding meaning in your life**
- Apr 27 **LinkedIn, Twitter, Facebook and social networking: more trouble than it's worth or a lifeline to your success?**

#### Video Conversations Recently added

##### Creating and navigating website design

Bridge the gap between your creative visions and web design: be your own best guide to better website technology and navigation

##### The business of being a freelance dancer / choreographer

Find out how to master the business of show as an arts entrepreneur

##### How to survive & thrive in healing, wellness & fitness careers—Part 2

Get a job in a rewarding industry while making a living and staying fit

##### The art of blogging

Connect to the world through the popular community of blogging and find better resources and ways to network

For more detailed information on all workshops and seminars, visit our [Schedule of events](#) at [Careertransition.org](#).

#### National Career Network Professional mentoring

The National Career Network is now available online for dancers seeking peer support and professional mentoring opportunities. Former dancers and other professionals volunteer their knowledge, time, and experience to help dancers nationwide. Do you have knowledge about a specific career path or trade you want to share? Volunteer your time as a member of the network by visiting [Careertransition.org/network](#). It only takes a few minutes to sign up and can have a substantial impact on the career development of a dancer.

#### Transition Links External resources

The organization has added new transition links that can help you improve your resume, find scholarship money for school, and more. If you know of any helpful career development websites, please email us at [info@careertransition.org](mailto:info@careertransition.org).

**Did you know? Performing artists have college degrees at double the rate of the total labor force, except for dancers, which are actually lower than the national rate.**