



Planning Focus Day Feb 10th 2024

Holland Dance Festival and Dance & Creative Wellness

Theater aan het Spui, zaal 2

13.30-17.00 uur

'From Young to Wise' - Dancing & Generations

Total time 210 minutes

Live 13.30-15.00 hr

Hybride 15.20-17.00 hr

Moderator: Eldridge Labinjo, Dance & Creative Wellness Foundation

LIVE

13.00-13.30 hr

- **Arrival participants**
Coffee/tea

13.30-13.35 hr

- **Introduction – Eldridge Labinjo**
Eldridge will explore the generational cycle that aligns the values of grandparents and grandchildren, fostering a shared resonance. Touching on the significance of intergenerational dance, emphasizing the wisdom seniors can share with the young. Highlighting the unique ability of both the elderly and very young to be in the moment, 'truly in the present'.

13.35-13.50 hr

- **Presentation – Yolanda van der Heijden, Holland Dance Festival**
This presentation will provide insights into the initiatives of the Holland Dance Festival related to dance and the elderly, including their efforts and programs focused on intergenerational dance.

13.50-14.10 hr

- **Presentation – Andrea Beugger - in conversation with Eldridge Labinjo**
Andrea, a professional practicing dancer, will share her experiences and insights into the world of intergenerational dance. She will discuss the challenges and rewards of working in this field.

14.10-14.30 hr

- **Presentation – Clare Guss-West**

Clare Guss-West, Dance & Creative Wellness Foundation, will share some best practice and adapted teaching strategies for dance with older adults. She will share her practical expertise of creating meaningful, artistic and joyful dance experiences for senior participants.

14.30-15.0 hr

- **Breakout Session:**

"Unconscious Ageism in Dance and the Dance Studio: Identifying and Addressing the Issue."

Attendees will be invited to join small groups to talk about unconscious ageism in the context of dance and in the dance studio. They will explore when, where, what, who, why, and how ageism happens and brainstorm strategies to combat it. After the breakout session, each group will share their findings and suggestions.

15.00-15.20 hr

Break: 20 Minutes

Coffee/tea

HYBRIDE

15.20-15.25 hr

- **Welcome Word - Eldridge (Live Audience and Online)**

Eldridge will welcome both the live audience and online viewers, providing a brief reference to earlier contributions and findings from the breakout session.

15.25-15.35 hr

- **Clare Guss-West - Literature Highlights**

Clare Guss-West, Dance & Creative Wellness Foundation, will dip into the scientific literature related to older adults and intergenerational dance, reviewing the documented benefits and insights gained from research.

15.35-16.05 hr

- **Helen Linsell - in conversation with Clare Guss-West**

Artistic and Executive Director of Dance United Yorkshire, UK will share insights into their strategy and methodology when working with intergenerational groups, specifically those who are socially excluded and vulnerable.

16.05-16.25 hr

- **Sarah Marcus, Pam Quinn and Alex Cook**

Sarah Marcus, education and community engagement director for the Mark Morris Dance Group, NY, USA in conversation with Pam Quinn choreographer and Alex Cook,

Youth & Family Programs Director. They showcase MMDG's intergenerational work: Family Fun Series, Dance with MMDG and a project for young dancers and choreographers and older adults living with Parkinson's disease.

16.25-16.50 hr

- **Panel Discussion**

16.50-16.55 hr

- **Closing Moves with Dance & Creative Wellness Foundation**

About...

- **Eldridge Labinjo** is a former professional dancer, theatre director and Master Coach of Strategic Interventions. Based in the Netherlands he works primarily with businesses focused on social impact, entrepreneurs in the cleantech sector and people who aspire to or are in public office. He gives master classes and guest lectures at universities throughout Europe in communication, productivity, impactful storytelling, presentation and pitching. Eldridge is one of the co-directors of the Dance & Creative Wellness Foundation.
- **Yolanda van der Heijden** is an experienced all-round dance teacher and works at the social department of Holland Dance Festival for over eleven years. Besides teaching children, adults and dance in education in the amateur dance circuit, she has specialized in dancing with (frail) elderly people in nursing homes and dancing with people with disabilities. She regularly coaches young professionals and teachers from the Holland Dance Teaching Team. Furthermore, she gives master classes about dance for elderly at Codarts and was involved in the development of tutorials in this area. Within Holland Dance Festival she is active to develop, from the vision of Holland Dance Festival, principles and content & methodical guidelines for working with the elderly. In addition, she is involved in the development and production of various community dance projects.
- **Andrea Beugger**, trained at Codarts, is currently a dancer, choreographer, teacher and coach in the field of dance. Previously she has danced with, Krisztina de Chatel, Hans Hof Ensemble, Karina Holla, Panama Pictures, Danstheater Aya, Vloeistof, Danstheater Telder, Bollwerk, Jakop Ahlbom, Golden Palace and with Plan-d, Compagnie Tiuri (formerly: Compagnie 21) and PRA muziektheater. You can still find Andrea regularly on stage. Better than anyone, she knows how to connect with younger audiences, older viewers and/or fellow dancers. As a teacher and choreographer, she is currently active at the Fontys Hogeschool dance school in Tilburg. For Andrea, "connection" with young and/or old(er) is a keyword. The diversity in her work, the passion and inspiration that drive her, she likes to transfer to a younger generation. From her vast experience in all kinds of fields in the dance field, she shares how her role within the generations in

dance and how she is meaningful in it.

- **Clare Guss-West** is a former professional dancer Second Stride, choreographer and opera director, dance educator, holistic health practitioner, author and specialist in Attention and Focus teaching strategies in dance. Chair of the IADMS Dance for Health committee, Clare is also one of the co-directors of the Dance & Creative Wellness Foundation.
- **Helen Linsell** is Artistic Director of Dance United Yorkshire and has worked as Community Dance Practitioner since 2001. In 2007, Helen joined Dance United, working at The Academy in Bradford with young offenders and women in prison. She became Academy Director in 2008 and Artistic Director when the Academy evolved into Dance United Yorkshire in 2011, continuing to specialise in social inclusion.

She delivers behaviour management training, mentoring and artist development and works as an assessor for Trinity College London. Helen published her 'Behaviour Management and Communication in Practice' in 2012 and completed an MA in 'Psychodynamic Approaches to Working with Adolescents' in 2017.

- **Sarah Marcus** is Director of Education and Community Engagement, Mark Morris Dance Group, where she develops and oversees education and community engagement and partnerships in collaboration with communities across New York City, the US and abroad. She is a certified Dance for PD instructor.
- **Andrew Greenwood** is a former professional dancer, ballet artistic director, dance educator and is the founding Director of Switch2Move and co-director of the Dance & Creative Wellness Foundation, NL.