

Dd

LAUREN PARROT

DANCE INSTRUCTOR APPRENTICE



DANCEHUB

## WHICH APPRENTICESHIP ARE YOU DOING?

Community Activator Coach.

## WHAT LEVEL IS YOUR APPRENTICESHIP?

Intermediate (Level 2).

## WHAT DO YOU DO?

As an apprentice for Dancehub, I have the wonderful opportunity to work across many different fields with experienced and inspiring members of the team. I teach for the Y.E.S project which offers exciting and engaging charity-funded street dance sessions across Sussex. I teach 6 dance sessions throughout my week for a range of ages and abilities. I also work in admin and delivery at Brighton Marina Studios, a Charitable Incorporated Organisation (CIO) founded in 2013 which provides an extensive timetable of classes to the entire dance community across the South East. I teach classes as part of the weekly timetable alongside working on the admin for the studios. My job also includes running exciting events such as Lets Dance and Forward Motion which are dance shows showcasing the talent in the area.



## WHAT IS THE MOST EXCITING PROJECT YOU HAVE WORKED ON?

We are always working on so many exciting projects at Dancehub that I've struggled to choose. One of our events I always really love working on is our Brighton Marina Studios discovery day. At our discovery days we give everyone the opportunity to trial our whole studio timetable free of charge, running back-to-back half hour sessions throughout the day for customers to try. We also get some of our young people from our Y.E.S projects to assist us with the running of these days which gives them an amazing opportunity to participate in some of the classes and get work experience. There is always a buzzing atmosphere at our discovery days and I love being part of the team.

## WHAT IS YOUR PROUDEST APPRENTICESHIP MOMENT?

My proudest moment so far has been our Y.E.S Project Winter Showcase. We ran a winter show, organised and run by our young people with our assistance in order to raise funds for the continued running of their Y.E.S Projects. The show included duos and trios choreographed by the students themselves along with group pieces choreographed by myself and other teachers. We had 5 different Y.E.S Projects take part and 52 students performing. I loved seeing all the students so passionate and invested in what we do. I was so happy that we had managed to create such a positive, supportive atmosphere.

## WHICH FEMALE INSPIRES YOU AND WHY?

I am so lucky to be working with several inspirational females on a daily basis. I love working with people who are so focused, positive, and knowledgeable and I feel like I am learning so much being part of this team.

**THEIR WIN DOES NOT MEAN YOU LOSE...  
JUST CLAP FOR THEM! YOU ARE NOT EVEN  
IN THE SAME RACE.**

