

Healthier Dancer Programme conference: 'Beyond the Body: Psychological tools for performance enhancement and wellbeing in dance' 2013 videos



Motionhouse dancers by One Dance UK, Dani Bower

[Elsa Urmston on positive psychology in dance teaching](#)

[Peter Lovatt on dancers self esteem](#)

[Charlotte Woodcock on mental fitness for dancers](#)

[Dave Collins on talent development in dancers](#)

[Imogen Aujla on passion in dance](#)

[Dancers Career Development on career transition and identity](#)