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AREAS OF SPECIALIZATION

Choreography, Somatics, Performance, Project Management

EDUCATION

School of the Art Institute of Chicago (2022-Present)

Graduate Student At-Large (4.0 GPA)

University of Chicago Graham School (2021)

Project Management Certificate (4.0 GPA)

Balanced Body University (2014)

Comprehensive Pilates Teaching Certification

Florida State University (2014)

Bachelor of Fine Arts in Dance | Summa Cum Laude (3.95 GPA)

TEACHING EXPERIENCE

Somatic Movement Instructor (2014-Present)

Private and group somatic education in studios across Chicago, New York City, Sarasota, Tallahassee, and virtually

Guest Lecturer (2022)

Florida State University (2022), Performer and Lecturer; Triptych Choreography and Direction by Tim Glenn

Professional Embodiment Workshops for Actors and Comedians (2018-2019)

Second City Chicago and Improv Olympics (iO) Chicago, Lead a series of embodiment and voice workshops exploring the ensemble and individual with improvisation groups

Teaching Assistant (2012-2013)

Florida State University, "Kinesiology for Dancers" taught by Dr. Tom Welsh

Teaching Assistant and Coach (2012-2013)

Florida State University, "Dance Conditioning" taught by Dr. Tom Welsh

CHOREOGRAPHY AND PERFORMANCE

Orange Noise (2024)

Performer and Director; Curated by Chris Reeves at The Capsule, Chicago, IL

siren (2024)

Choreographer; Sarasota Contemporary Dance Voices 2024, Jane B. Cook Theatre at the FSU Center for the Performing Arts, Sarasota, FL

Touch of Recession (2023-2024)

Producer and Performer; in collaboration with Lua Borges and Haley Dennis; Video; Screened in Chicago, London, and Columbia



Tether (2023-2024)

Movement Director and Performer; in collaboration with Kari Watson and Lua Borges; Frequency Series at Constellation and Epiphany Art Center, Chicago, IL

siren (2023)

Choreographer; Rising Choreographer Program at Sarasota Contemporary Dance, Sarasota, FL

Salt Lick Labrinyth (2023)

Performer and Collaborator; Yuck! Presents Sloppy Second at Prom, Chicago Athletic Association, Chicago, IL

City Song by Gia Margaret (2023)

Performer and Collaborator; Video

Bad Actress (2023)

Choreographer, Producer, and Performer; School of the Art Institute of Chicago



Two Bodies (2022)

Producer and Performer; in collaboration with Apostolos Doucakis; Video

The Mountain Digby (2020)

Choreographer and Movement Director; The Hudson Theater, Los Angeles, CA

A Holiday Special (2019)

Choreographer and Movement Director; Stage 773, Chicago, IL

MUSE (2018)

Choreographer, Producer, and Performer; Links Hall, Chicago, IL

The Last Circus (2017)

Choreographer and Movement Director; The Revival Theater, Chicago, IL

Black Holes and Body Language (2016)

Performer and Collaborator, Choreographed by Rosie DeAngelo/The Nash Conspiracy; The Bunker NYC at Livestream Public, Brooklyn, NY

Milieu (2016)

Performer and Collaborator, Choreographed by Chafin Seymour; Moving Beauty Series, Brooklyn, NY

The Malady at Sea (2013-2016)

Performer and Collaborator, Choreographed by Jen McGinn; Center for Performance Research, Brooklyn, NY; Movement Research at Judson Church, New York, NY; Brooklyn Arts Exchange, Brooklyn, NY; Center for Performance Research, Brooklyn, NY

Solo for Six Plus One (2013)

Performer and Collaborator, Empty Nave Projects; The Alvin Ailey American Dance Theater, New York, NY

SHIFT (2012)

Choreographer, Editor, and Composer; Digitech Exhibition, Florida State University, Tallahassee, FL; Video

One Thing After the Other (2012)

Performer, Choreographed by Dan Wagoner; The Alvin Ailey American Dance Theater, New York, NY

Hearts of Sheep (2012)

Performer, Choreography by Harper Addison; The Kennedy Center, Washington D.C.

No Hero (2013)

Performer, Choreography by Alex Ketley; Florida State University, Tallahassee, FL

Triptych (2012)

Performer, Choreography by Tim Glenn; Dance Gallery Festival, Huntsville, TX

Gaslighting (2012)

Performer, Choreographed by Kiya Schnorr; The American Dance Festival, Duke University, Durham, NC

RESEARCH PROJECTS

BAD ACTRESS: Theory as a Frame (2023)

Research Paper in Fulfillment of Networks of Performance Art Seminar at School of the Art Institute of Chicago

Prompts for Embodiment in Times of Physical Distance (2020)

Appeared in LowLifes: an activity zine for adults by Cassie Ahiers

Sekou Sundiata: An American Griot and Engaged Citizen (2014)

Thesis in Fulfillment of FSU in NYC Satellite Program

Strengthening Ankle and Tarsus Muscles through Intrinsic Strength Building in College Dance Majors (2014)

Fulfillment of a graduate course "Dance Science and Kinesiology" with Dr. Tom Welsh at Florida State University

Pilates Contrology and Sustainable Health (2013)

Independent study supervised by Dr. Tom Welsh at Florida State

Patriotism and Nationalism in Kurt Jooss' The Green Table (2013)

Florida State University, Tallahassee, FL

Catharsis and Gesture in Anne Teresa De Keermarker's Rosas Danst Rosas (2012)

Florida State University, Tallahassee, FL

The Performance of the Caste System and Kabuki Theater (2011)

Florida State University, Tallahassee, FL

American Dance Forms: Contact Improvisation and Performance of Personal Identity (2011)

Florida State University, Tallahassee, FL

WORK EXPERIENCE

University of Chicago Booth School of Business (2022-Present)

Assistant Director of Project Management, Marketing and Communications

Pitchfork Music Festival (2021-2022)

Box Office Manager for international festival attended by over 60 thousand people annually in Chicago, IL

Green Thumb Industries (2020- 2022)

Retail Marketing and Brand Merchandising Project Manager in 13 states across the US

Harris Theater for Music and Dance (2017-2019)

Programming Manager for over 30 international productions annual in Chicago, IL



International Tour of Okwui Okpokwasili's "Bronx Gothic" (2015-2016)

Tour Manager and caregiver in 8 cities across the world

MAPP International Productions (2014-2016)

Administrative Manager for international and national performance projects and tours based in New York City

Yin Mei Dance Company (2014- 2015)

Company Manager based in New York City

HONORS AND SCHOLARSHIPS

Rising Choreographer at Sarasota Contemporary Dance (2023)

Awesome Grant (2018)

Links Hall Linkages Artist (2018)

Selby Foundation Scholar (2010-2014)

Nobbe Foundation Scholar (2010-2014)

Woman's Exchange Scholar (2010-2014)

National Collegiate Honor Society (2013-2014)

Gulf Coast Community Foundation Scholar (2013-2014)

Florida State University Scholar (2012-2014)

American Dance Festival Tuition Scholar (2012)

Fine Arts Society Scholar (2010-2011)

Sarasota Association of Realtors Scholar (2010-2011)

Father Connie Dougherty Scholar (2010-2011)

Elks National Foundation Scholar (2010-2011)

Oak's Women's Club Scholar (2010-2011)

National Honor Society (2007-2010)

U.S. Achievement Academy Scholar (2008-2010)

Smith College Book Award (2010)