

Liz Imperio
Presents



Raising Successful Children Reference Guide & Workbook

WEEK 3 – FINDING BALANCE



How the Program Works



Reference Guide

Every week you'll find a detailed outline of each week's topic.



Homework

These simple tasks will further your education. Extra advice for a real world application of the material will be at the end of each outline.



Expert's Corner

Beginning in week 2, for those who are interested in pursuing dance professionally, pay special attention to this segment. These sections will outline the ways you can take the information in that particular week and apply it to your career.



Life Lessons

For those who may not want to pursue dance professionally, or are simply on the fence with their future, check out this section. This will help point you in the right direction of how to use the information you learned that week and apply it to your everyday life.



Notes

A space for your notes has been provided throughout the workbook. This is for you to jot down your notes, thoughts and "aha" moments. Writing your thoughts down is still proven to be the most effective method of learning and retention.



Finding Balance

MANAGING TIME UNDERSTAND YOUR INVESTMENT PHYSICAL / EMOTIONAL BALANCE



Managing Time

Overloading Schedules

- *Keep track of your children*
 - *Anxiety of free time*
 - *The company they keep*
- *State of mind*
 - *Overachieving*
 - *Overcompensating*



Balance of Life and Dance

- *Youth*
 - *Parent youth*
 - *Dancer youth*
- *Prioritizing*
 - *Time management*
 - *Power of no*



Patience with Training

- Understand training
 - Age/level
 - Commitment
- Exhaustion
 - Poor results
 - Risk of injury
 - Burn out
- Years to build
 - Training is a process
 - Rushing is dangerous



NOTES

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



Understanding Your Investment

Spending vs. Investing

- *Spending*
 - *What your child want*
 - *Value of material goods*
- *Investing*
 - *What your child needs*
 - *Skills last a lifetime*



Power of Passion

- *Internal happiness*
 - *Just be you*
 - *Identify your power*
- *Live with purpose*
 - *Lead your life*
 - *Put your value to use*



Life Lessons

- *Discipline/Structure*
 - *Work ethic*
 - *Focus*
- *Communication*
 - *Ability to Listen*
 - *Eye contact*
 - *Clarity of thought*
- *Effective habits*
 - *Punctuality*
 - *Respect*
 - *Follow thru*



Opportunities

- *Value of preparation*
 - *Self-efficient*
 - *Ready to work*
 - *Go-to person*
- *Confidence Brings Results*
 - *Leadership*
 - *Problem solver*
 - *Self-worth*



NOTES

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Physical / Emotional Balance

Safe Zones

- *Emotional safety zone*
 - *Discover yourself*
 - *Like-minded peers*
- *Self-expression Physical Gain*
 - *Exercise/strength*
 - *Respect your body*
 - *Body image*
- *Mental safety zone*
 - *Engages creativity*
 - *Resets your thoughts*
 - *Centers your energy*



Family Crisis and Dance

- *Studio Family*
 - *community*
 - *relationships with dancers*
 - *relationships with teachers*
- *Family crisis*
 - *Emotional release*
 - *Picking up the pieces*





NOTES

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Expert's Corner

The topics of prioritizing, time management and proper training help build the future for anyone looking to become a professional dancer.

Understanding how to put these tools into everyday practice is what helps build trust and reputation between the dancer and the working choreographers.

Don't be distracted by training only in "trending" dance styles. Instead, make sure you train so that you understand the basics of as many genres of dance as you can. The more you have to offer as a dancer, the more opportunities show up for work.



Life Lessons

The friends and experiences your child is gaining from dance will provide them with an outstanding base for their future. It is rare for such an activity to provide a safe space of shared values, goals, and passion. This safe space created through dance will allow them to develop physically and mentally in ways not possible through other means.



Week 3 - Homework

Last week, you watched Day 1 of Setting Goals with your dancer. Based upon those specific goals you discussed, let's take a look at where your dancer's daily dance activities help to achieve these goals:

Step 1: Write down your child's schedule- *What activities is your child spending their time on? Write down a week's worth of their dance related activities.*

Step 2: Determine the value of each activity - *In relation to their specific goal, what is the benefit of each of the activities (including downtime) within their existing schedule.*

Step 3: Rate each activity - *next to each activity, give it a score of 1 to 3, with 1 meaning very important in relation to achieving their long term goal, and 3 being not important to their specific goal. (The 3s are the activities you might start thinking about replacing)*

By taking the time to fully understand how much your child's activities are serving their long-term goals, it allows you to customize their education to get the most out of their passion.