

Anna Nicholls

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Freelance Dance & Movement Artist

BA (Hons) Contemporary Dance, Trinity Laban Conservatoire

BIOGRAPHY

Anna is a passionate London based dance artist with a strong and energetic performance presence. Anna has over six years of experience working with young people and adults and has great knowledge of community engaging dance work. She specialises in supporting people with disabilities and additional needs.

SKILLS

Dance & Movement

- ❖ Movement Direction
- ❖ Contemporary techniques
- ❖ Choreography
- ❖ Classical Ballet
- ❖ Contact Improvisation

Communication

- ❖ Use of Makaton signing
- ❖ Excellent customer service
- ❖ Proficient planning, marketing, and execution of public engaging events
- ❖ Photography

Other

- ❖ Mental Health First Aider
- ❖ Level 2 Safeguarding
- ❖ Use of Microsoft programmes

MOVEMENT CLIPS

- ❖ [Show Reel](#)
- ❖ [Contact Improvisation](#)
- ❖ [Joy is Ours - Hallomai Dance](#)
- ❖ [Studio Choreography](#)

CURRENT PROJECTS

Founder & Artistic Director, Hallomai Dance

Jan 2022 - Current

- ❖ Producing, choreographing, and performing interactive dance works and facilitating workshops for adults, young people, and children.
- ❖ Latest work *Joy is Ours* produced for *Wandsworth Arts Fringe*, *Happy Streets Festival*, London & *Just So Festival*, Manchester 2023
- ❖ Commissioned by Wandsworth Arts Fringe 2023 & 2024 Grant
- ❖ Supported by the Trinity Laban Innovation Award 2021 Grant
- ❖ [Website](#), [Instagram](#), [OutdoorArts UK](#), [Joy is Ours Trailer](#)

Lead Practitioner, The Kiln Theatre

July 2023 - Current

Move at the Movies: Movement Project (July – Dec 2023)

- ❖ Facilitating fought-nightly half-day sessions for adults aged 50+, living with a diagnosis, leading to public performance in Kiln Theatre cinema.
- ❖ Project will run again from July 2024 – March 2025

Light Up Kilburn: Movement Project (February 2024)

- ❖ Facilitation, Choreography and Movement Direction during week intensive for [Light Up Kilburn Festival](#), leading to evening of site-specific performances behind vinyl artwork hung in windows of Kiln Theatre
- ❖ *In collaboration with Love Camden and artist Andy Welland*

CURRENT TEACHING & FACILITATION

Step into Dance Practitioner, Royal Academy of Dance Sept '22 - Current

- ❖ Delivering contemporary dance and sensory movement classes within Secondary Schools across London and Essex, for the *Step into Dance* Programme in collaboration with the *Jack Petchey Foundation*.
- ❖ Collaboratively choreographing for performances at RAD & Cadogan Hall.
- ❖ Working with young people with Special Educational Needs and Disabilities.

Dance Artist, Nine Elms Arts Ministry

Sept '22 - Current

- ❖ Facilitating *Creative Soul Dance* Sessions for adults, aged 18+
- ❖ Working with people who have been Socially Prescribed through local GPs

Visiting Dance Teacher, Francis Holland School

Sept '23 - Current

- ❖ Delivering contemporary dance sessions, including lunch time clubs for Junior and Senior School (KS2 & KS3), and Games Session for KS5.
- ❖ Choreographing for school's Gym & Dance Display.

Junior Teaching Artist, Springs Dance Company

Sept '22 - Current

- ❖ Delivering full-day dance workshops in Primary Schools across UK, based on Christian Religious Education curriculum

Dance Artist, DanceWest

March '22 - Current

- ❖ Project and funding-based work across London, delivering contemporary and creative movement sessions
- ❖ Lyric Theatre Hammersmith, Dance West HQ, Live Well Kew Gardens.
- ❖ Assisting, Dance for Dementia Programme at Age UK Retirement Home

PAST PROJECTS

- ❖ Movement Direction & Photography, ["TRAMP" Music Video](#), Stephanie Burrell January 2024
- ❖ Dancer, Sofia Grant ["Ochre" Music Video](#), Jazz Re:Freshed August 2023
- ❖ Dancer, [High Frame Rate Virtual Production](#), We Are Anna Valley & Garden Studio R&D July 2023
- ❖ Dancer, [Trip Suit Kamer\(a\)](#), Tony Thatcher July 2021
- ❖ Dancer, [Rain](#), Niamh Abraham February 2021
- ❖ Dancer, [East Wall at the Tower of London](#), Becky Namgauds and Hofesh Schecter July 2018

PAST TEACHING & FACILITATION

Freelance Dance Facilitation, Various

Sept 2021 – July 2023

- ❖ Greenwich Dance, Charlton Park Academy, London (SEND)
- ❖ Jellyfish Theatre, Wandsworth, London
- ❖ Royal Academy of Dance HQ, Wandsworth, London
- ❖ White Eagle Appeal, Balham, London (Ukrainian Refugee Appeal)

RADiate Assistant, Red Gates Primary School

Jan 2022 – July 2022

- ❖ Assisting delivery of dance classes to pupils with profound and multiple learning difficulties, and covering for teacher where needed
- ❖ RADiate programme is run by the *Royal Academy of Dance*

Dance School Assistant, Royal Academy of Dance

Sept 2020 – July 2022

- ❖ Assisting contemporary, creative and SEN RADiate dance classes for children aged 4 – 12 years
- ❖ Royal Academy of Dance HQ, Battersea
- ❖ Supporting the administration of the Dance School

OTHER EXPERIENCE

Dance Studies Officer, Royal Academy of Dance

Oct 2021 – June 2022

- ❖ Plan, co-ordinate and administer the AQA GCSE and A-level Dance courses - ensuring a high quality and commercially viable programme within Learning & Participation dept.
- ❖ Public point of contact and work as Exams Officer & Exams Invigilator
- ❖ Formulate and manage budgets, making expenditure recommendations

Reference: *Louisa Dalton, ldalton@rad.org.uk*

Camp Leader, Aspire Leisure Centre

Jan 2017 – Dec 2021

- ❖ Facilitated smooth running of sport and arts activity holiday camps for children, aged 4 – 14 and, supporting young people with physical disabilities and additional learning needs.
- ❖ Aspire is linked to the Royal National Orthopaedic Hospital, Stanmore

PROFESSIONAL DEVELOPMENT

Collaborator, Chisenhale Dance Space Artist Community

Oct 2023 – Current

Participant, NEXT Choreography 2023/24, Siobhan Davies Studios

Sept 2023 – Mar 2024

Mentee, Re:Create Business Course, Wandsworth Council

Sept 2023 – Jan 2024

Mentee, Parable Dance

April – July 2022

Mentee, Simone Sisterelli: Popping for Parkinson's

April – Sept 2021

Embrace Training for Artists, Protein Dance

Oct 2020

Work Placement, Candoco Dance Company

Feb 2020

Cando2, Youth Dance Company, Candoco Dance Company

Sept 2017 – July 2018

EDUCATION

BA (Hons) Contemporary Dance, First Class

Trinity Laban Conservatoire of Music and Dance (2018-21)

Thesis: The role of the dance facilitator in providing dance experiences in Pupil Referral Units and linking this to a wider theoretical and socio-political context.

Reference: *Sasi Del Bono, S.DelBono@trinitylaban.ac.uk*
