



Mental Health Awareness

Core Course

Unlock essential knowledge that strengthens your confidence and transforms the way you support wellbeing in your dance community.

By the end of this course, you'll know exactly what good mental health looks like, how to recognise the most common mental health problems, and how to distinguish between depression, anxiety and stress.

You will sharpen your ability to spot early warning signs, understand the real impact of a healthy workplace, and master the five proven steps to mental wellbeing. This practical, empowering training is designed to elevate your teaching and create a safer, more supportive environment for every dancer you work with.

Lessons

1. Common mental health problems
2. Wellbeing in the workplace
3. Mental Health and Performance Psychology
4. Mental Health in Teaching Relationships
5. Burnout and Recovery in Dance Professionals
6. Body image and self-esteem in dance
7. Cultural Sensitivity
8. Resilience, mental toughness and ways to improve your mental wellbeing



3-hour course

One assessment: MCQ Test

