

Dance and Soft Skills
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Follow-up questions for Webinar on 23.10.2023

Soft skills are not isolated. Most likely you prioritise specific soft skills that reflect your interests, needs and values. Values are beliefs and opinions that guide the choices you make. They distinguish how you identify yourself and shape the way you develop relationships, handle challenges and define goals. The way you draw on a collection of soft skills in relation to your values will guide your approach and focus your intentions.

Following is a collection of questions to help you define the values that are important to you:

- Do you hold certain beliefs that guide your practice?
- Are you motivated by interests in representation, desires for fairness or to address those who are often on the margins of society? If yes, describe the attributes you associate with those values (i.e. compassion, integrity, transparency, humility). How do those interests relate to the soft skills you focus on activating through your dance practice?
- When have you altered your practice? What was gained?
- Is there anything you wouldn't do? Are there any lines you won't cross connected to relations with stakeholders?
- Do you have a list of actions that you always follow? Do any of these actions concern the wellbeing and situation of other stakeholders?
- What would you like your practice to be recognised for?

Thinking about your answers to the above questions, how might you complete these sentences:

- Soft skills I use most are...
- Soft skills that are most important to me are...
- Soft skills I would like to develop more are...
- Soft skills I want to focus on over the duration of the project...

If needed, here is a link to the soft skills map to recall the soft skills found in dance:

https://empowering2.communicatingdance.eu/guidebook/files/Map_of_soft_skills_print.pdf