

# Part-Time Assistant Therapeutic Dance Instructor

## Pay

\$20 / hr

- 3 – 10 hours per week
- Work time, trainings, and travel are all compensated

## Schedule

2 hours (including travel, set-up & tear-down, and 1 hour class) each class, Monday - Friday

- Exact days will vary depending on the school schedule.
- Work will be on-site at various pre-school centers, public, charter, and private schools in the Triangle area.

1-hour weekly team meeting (Thursday mornings)

## About the Company

We are Express & Release Therapeutic Dance, a company dedicated to researching and implementing the ways in which dance and movement can be used for stress relief, self-expression, and combating life's daily stressors. After a decade of research, we have created the Lenae Release Method (LRM), which helps kids, adults, and seniors learn to accept the emotions that they feel and express these emotions through movement so that they can release their overwhelming emotions from the self.

Our research has allowed us to make targeted forms of the Lenae Release Method, catering to different demographics. Most recently, we have created a system called LRM Kids to help children ages 3 – 17 understand their big emotions and release them in healthy ways.

## Job Description

### The Role

This position would be an assistant to a Lead Instructor in schools where we have been asked to implement an LRM Kids program. Currently, these are mostly after-school programs, but can also include in-school programs during the school day. Our programs run in preschools, elementary schools, middle schools, and high schools.

Your role would be to learn the LRM Kids method and assist a Lead Instructor in helping the kids move through their emotions. This includes maintaining the kids' focus and giving one-on-one attention to any child who might be struggling in the class.

## Schedule

We provide LRM Kids programs to schools weekly on a per-semester basis. Your commitment would be to a set of these schools (up to 5) and to be there during in-school or after-school hours. These hours vary from school to school, but generally fall between 2:30 and 5 PM, for one hour. These will likely be different schools each day of the week, but each assistant will have a stable set of schools each week (with the possibility of covering shifts for other assistants).

We use the same method to provide in-school special sessions, and so you may be offered extra hours if you are available to assist sporadically during school hours (8 AM – 3 PM).

## Compensation

You will be paid every time that you go out to a school for a session, including a travel stipend to cover 15 minutes of travel each way.

## Future Plans

We hope that you will stay with us long-term! We are growing as a company, and so we are looking for someone who could grow with us to become a Lead Instructor in the next year, and eventually train others in the method.

## What we offer you

We are adamant about treating our employees as people who deserve dignity, and we believe that a living wage is the bare minimum a company should offer. This role comes with the following benefits:

- Inclusion in our profit-sharing program, which is distributed every 6 months.
- Travel stipend
- Growth & education opportunities

## Job Requirements

- Availability during after-school or in-school hours
- Reliable Transportation to schools in Durham, NC and surrounding cities
- A desire and ability to work compassionately with children of all ages,
- Ability to work patiently with neurodivergent and special-needs kids
- A willingness to explore and express your own emotions through movement
- Able to pass a background check for work at public schools

## Nice to Have

These items are not necessary, but would make you an even better fit for the position:

- A background in child care and/or psychology
- Multilingual (especially Spanish-speaking)

If this sounds like you or someone you know, please send an email with your resume to:

[info@expressnrelease.com](mailto:info@expressnrelease.com)