

Part-Time Kids Therapeutic Dance Instructor

Pay

\$22 / hr

- 10 hours per week
- Work time, training, and 30 minutes of 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 people identify their emotions and create movements to express them, 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. Several of these methods are geared toward kids to help them identify, express, and release emotions in response to different events, or simply for their environment and stage of life.

Job Description

The Role

This position would be a Lead Instructor in schools where we have been asked to implement an LRM Afterschool Kids program. This position would be predominantly for after-school programs. Our programs run in preschools and elementary schools.

Your role would be to learn the LRM Kids method and lead kids in moving through and talking about their emotions.

As a Lead Instructor, you would be responsible for arriving on-site early enough to coordinate with clients at the site and prepare the room for a movement session.

Leading movement sessions for kids is a sacred trust that requires a sensitivity to people's emotions and empathy with their limits. The Lead Movement Instructor must be ready to not merely follow the

methods taught by Express & Release, but also pivot and improvise in response to the flow of the class's needs. Express & Release will provide training on how to do this effectively, by going through the Lenae Release Method (LRM) training before you are expected to take up the role of Therapeutic Dance Instructor.

Schedule

We provide LRM Kids programs to schools and organizations throughout the Triangle area. 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 1:30 and 5 PM, for one-hour sessions. These will likely be different schools each day of the week.

We use the same method to provide in-school special sessions and weekend 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.

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:

- Travel stipend
- Growth & education opportunities

Job Requirements

- Availability during after-school (1:00-5:00PM)
- Maintaining the kids' focus
- Managing classroom behavior
- Communicating with parents, school directors, and other team members
- Arriving early to set up and break down the classroom
- Willingness to talk about emotions
- Willingness to dance and move your body
- Reporting weekly to Thursday morning meetings
- Willingness to listen to the students in the classroom
- Ability to adapt to the needs of the students.
- Ability to drive to site locations within a 15-mile radius of your home.
- Must have reliable transportation to visit schools in the Triangle
- 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 childcare and/or psychology
- A background in dance or movement
- Multilingual (especially Spanish-speaking)

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

info@expressnrelease.com