



Lauren Ritchie

Mental Performance and Mindset Educator, MEd, BA, ESFCC.

As a human, you can train three things: your mind, your body, and your craft. Lauren Ritchie has been studying, researching, and educating dancers and teachers on the physical, emotional and mental intricacies of dance. Recognizing the lack of mental skills training in dance, Lauren has created programs and exercises dedicated to educating and empowering both dancers' and educators' mental health and mindset to optimize physical and artistic training. From her MEd in Coaching Studies to a BA in Professional Communications and an accredited Art & Science of Coaching Certification, Lauren has a unique blend of education and resources that offer a holistic training approach for dancers.

An established educator, facilitator and speaker, Lauren has delivered workshops to prestigious schools and programs like Harbour Dance Centre, the Alberta Ballet School, the Dancer Transition Resource Centre, Capilano University and The Bridge Program with The Protege Movement. She is the co-founder of the Dance Teacher reTREAT, the creator of Mental Skills Training Teacher Training program and has been a keynote speaker for the Women In Sport Speaker Series, Dance Studio Owners Association, House of Jazz (London), and the Dance Teacher Expo.

Lauren has firsthand knowledge of the attributes required to achieve and sustain peak performance. She was a highly competitive and decorated dancer having classically trained in ballet, jazz, tap and lyrical. After completing her A.R.A.D, Lauren knew she "wanted to dance" but had little guidance and awareness of the true process of transitioning into a professional dance career. This is why Lauren has created and hosts [The Dance Podcast](#); an invaluable resource dedicated to inspire and educate dancers, teachers, and parents through candid conversations with industry professionals.

Lauren's engaging and encouraging teaching style has inspired dance teachers and students across the country to be their best – mind, body, and craft.