

Chin Up, Chest
Out
Workshop



Mission

To inspire children of every race and ethnic background to take part in the arts. Dance is about unity and grace.

Background

Chin Up, Chest Out; is a workshop within Dynamic Force Dance. The workshop is an initiative to help gain confidence in young women and young men. It was established in 2017 after the founder Sheena Baskerville was asked to be a panelist at the America's Big Sister Youth EmpowerHERment Summit, hosted by Tragil Wade, sister of NBA superstar, Dwayne Wade.



America's Big Sister

YOUTH EMPOWERMENT SUMMIT

Educating and empowering young ladies to become independent,
goal-oriented, and self-sufficient in society

JULY 14TH 9AM - 330PM
ROBERT MORRIS UNIVERSITY
401 South State Street | Chicago, IL 60605





How It Works

Discussion

Students will talk with founder and owner of Dynamic Force Dance, Sheena Baskerville about the importance of going through life with your chin up and your chest out. They will discuss self esteem, confidence and conflict and resolution.

30 mins

Learn Dance

One of the most successful ways to gain confidence is with dance. Students will learn a simple dance routine taught by Dynamic Force Dance staff. Students will break off into groups to gain essential team building, supporting one another and helping each other with the choreography.

15-20 mins

Perform

The workshop is completed by students performing the new dance and applying all of the techniques learned throughout the day.

Benefits

Confidence:

While dancing, you need to have your *Chin Up and Chest Out* at all times. Mastering this is key, as you can apply it to everyday life. The perfect way to command a room is if you walk in with confidence.

Memory:

Learning a dance routine is a great way to increase memory retention. The increase of memory has been proven to result in the increase of academics as well.

Friendship:

The team building experience while learning the dance gives students the opportunity to make new friends with their peers.

Contact

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