

# Mirella about her way of teaching:

## "I am a visual thinker"

In my work and especially with coaching I am thriving because I don't have to hold back. I am a visual thinker making quick connections, love resolving things. I have a high dose of energy. When teaching ballet all of this comes in handy.

I love to observe and analyse several layers at the same time and then explain what I see step by step. Besides the fast thinking I deeply feel other people's emotions. It can be complicated when taking over the emotion of others if you are not aware of it or if you don't know what to do with it but in my work it is helpful. Because people react physically to emotions, I can see the consequences of one's emotional state on his or her ballet technique.

**"If the music seems too slow, you are simply too fast".**

I enjoy working with children as well as with adults. It doesn't matter what age a student has. With each movement you make when you are dancing, you discover more about your own future,

and how you have an impact on this. Once you are aware of this you will make every single movement with full dedication.

### **Great Dancer**

"Dance should never look predictable. In ballet each move you make is a promise. Even when standing in preparation you are making a promise that there is a story to be told. Closing a tendu or making a temps lié is equally important as turning fouettés. To put it simple; the height of your arabesque doesn't make you a great dancer, what matters is how you bring your leg into place."

### **Musicality**

"Musicality means trust your gut feeling and listen. If the music seems too slow you are simply too fast.

For some people musicality is more complicated than for others because it's a natural ability. Some people are born with greater aptitude, but you can develop this. If you have a brain and a passion to learn you can develop your knowledge and sensitivity about anything you want. As long as you understand that you need both: knowledge and sensitivity".

**Mirella Simoncini**

