

Dear friends and clients,

It is my sincerest wish that this note finds each of you in wellness, enjoying all the sweet moments of the season, as well as all the success, joy, & satisfaction possible within your athletic and/or creative journeys!

Here's what's been going on at Elysian Insight this past fall season:

- Special Congratulations go out to our contemporary dancers at **The School of Dance** who put on a special performance at Arts Court for the *Solos show*, and a special performance entitled *Dances by Youth for Youth* at Arts Court Dec 2-4<sup>th</sup>, choreographed by 5 alumni of the School. In addition, the contemporary dance students of the School put on a show entitled *Traces* on Dec 17<sup>th</sup> & 18<sup>th</sup> while our advanced ballet students presented *Winter Fantasy* on Dec 11<sup>th</sup>! Sad you missed a show? Check out The School of Dance's website for all upcoming performances! <http://www.theschoolofdance.ca>
- As mentioned in our previous newsletter, Chantale returned to **teaching ballet** this fall after a 6-year hiatus. This return has been a most enjoyable return to the ballet class, and Chantale wishes to take this opportunity to thank all her wonderful *little Misses* who have made her every Mondays & Thursdays a reason to smile, and... dance! A big thanks also to all the supportive *Moms & Dads*, teaching assistants *Miss Alexa & Miss Vanessa*, and talented pianists *Mrs Gore & Mr Doherty* without whom these moments would not be possible!
- Chantale is thrilled to continue her work with a number of junior **tennis** players. Working with these young and determined boys always keeps Chantale smiling and "on the ball"! Congrats on recent successes in Ottawa, Florida, and Montreal-based tournaments! She is also very happy to now include a number of elite **C1 & K1 slalom paddlers, baseball players, and hockey players** as part of the Elysian Insight athletic family. Welcome!
- Elysian Insight is also very excited to be welcoming this year a new intern. **Kaleigh Ferdinand** holds a Bachelor's degree in Kinesiology and hopes to go on to study Sport Psychology at the masters' level next year. We are excited to include Kaleigh in as many Elysian Insight events as possible. So make sure you say *Hi!* next time you see her!
- Elysian Insight has been active in your community this year in various ways including guest coaching at the **Gloucester Skating Club** in *ballet for skaters*, volunteering weekly with her dog Moogly for **Ottawa Therapy Dogs**, and was a guest speaking for **The Royal Winnipeg Ballet School's Teachers' Course** via *Skype* in December.
- Did you know that Elysian Insight regularly offers One-on-One support to our clients via **SKYPE** when they are traveling, competing, and/or live away? Don't let geography get in the way! When we say *SUPPORTING YOUR PERFORMANCE ON THE WORLD STAGE*, we mean it. Let's talk!

- Did you know that Elysian Insight is proud to collaborate with the good people of the **REFORM Body Clinic** in Ottawa's downtown market AND **PhysioSport Chelsea** in the Gatineau hills! You can now book your Sport Psychology consulting appointments with Chantale in-office at either locations or call them for other Sport & wellness-related services. For more info: <http://www.reformbodyclinic.ca> and <http://www.physiosportchelsea.com>
- Chantale's latest publication is now available. "*Returning to ballet with lessons from Glee? Maybe!*" appears in the Autumn 2010 edition of the **Physical & Health Education Journal** 76(3). Like all of our publications, they are available for your reading pleasure on our website, under *About* (publications). Read it today!
- Last but not least, Chantale has enjoyed working with numerous partners in health including the **School of Dance, Hopewell**, and **PHE Canada**, on a *Ontario Ministry of Health Promotion and Sport* funded project entitled **Dance for Life**, which explores notions of health, wellness, body image, and nutrition through a hands on artistic workshop format. So far, it has been a wonderful "Dance for Life" indeed!

## 2011 News!

There is lots of fun, exciting, and inspiring events lining up for 2011! Some we can share now, some we'll keep a little secret for now, to reveal soon... Here's a sample:

- The University of Ottawa's Faculty of Arts has hired Chantale to teach a special course she has designed entitled **Performance Psychology for the Arts**, and will be teaching this course in the Music Department! Can't wait to meet all you wonderful *musicians*!
- In collaboration with The School of Dance, we are in the process of creating a special training program designed with the athlete in mind. **Dance 4 Athletes (D4A)** will be offered in weekend and week-long camp formats in the winter & spring of 2011. Lots more info to come on this! Stay tuned and sign up early. This will be HUGE! And so so fun!
- Chantale was invited to **write a chapter** for an upcoming book by PHE Canada's on dance education. Co-authoring with a friend & colleague from the Royal Winnipeg Ballet, this book will be available for purchase later this year!
- Chantale is also partnered up with the good people of **Athlete Audio**, and is currently contributing to the development of sport psych audio tools geared specifically for dance!

## Thanks to you!

As always, we are grateful for the opportunity to work with you: Learning, challenging ourselves, growing, inspiring one another, and succeeding together. What a great ride! Let me take this moment to say how much we appreciate YOU. Cheers to you!

Happy New Year!