



Podcast 21

How to handle changes flexibly?, part 2

How to handle changes flexibly when working as an instructor or coach of physical activities and corporal expression?

Practitioners in these areas need to adapt and apply their skills and talents to many roles, genres and styles.

Flexibility is the ability to multitask, for example working part time during University is when flexibility is best developed. Other examples of situations when one could develop the ability to multitask include when having a small child while studying or working or renovating one's home while working full time.

Most professionals working in the performing arts and body movement have portfolio careers and often take a second job in teaching, administration or even technical roles, so adaptability and flexibility are an essential trait when having to juggle more than one job and switching between roles.

Successful practitioners need to work on more than one project at a time, so they have strong organizational skills and self-management, but flexibility is also very important, which could be developed by:

- being curious and exploring;
- have a support system;
- understanding one's own reactions to change;
- trying new things on a regular basis.

