

Lauren Josie Massey

Hip Hop and Commercial Dance Teacher

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I am a passionate and enthusiastic Dance Teacher based in Harlow, Essex and available to commute to London. I am currently completing my IDTA Level 4 qualification in Freestyle Dance Teaching. Previously, I volunteered as a Hip Hop Coach, teaching routines weekly to a group of 30 students at University level. I am confident, friendly and approachable with great communication and organisation. Most of all, I love helping my students take their dancing to the next level and supporting them with our shared love for dance.

Experience

Hip Hop Co-Coach, 09/2024- 06/2025

University of Portsmouth's Dance Club, Hip Hop Performance squad.

- Teaching lessons weekly: including warm-ups, drills, choreography and cooling-down
- Demonstrating a strong understanding of Hip Hop technique
- Coaching a squad of 30 students of varied abilities
- Creating fun and engaging lessons
- Choreographing performances for events across Hampshire, including 'Dance Live', our 'Pompey Compey' Dance competition and 'Sportos' Charity Dance-off
- Mixing music using Logic Pro
- Planning and organising costumes for Dance shows
- Supporting fundraising events

Other experience:

Casual Sales Assistant, 05/21- Present

Tottenham Hotspur Shop- Harlow, Essex, CM20 1XW and
The Tottenham Hotspur Experience- Tottenham Hotspur Stadium, Greater London, N17 0BX.

- Serving thousands of customers on match days
- Operating the till, arranging the store and replenishing stock
- Providing excellent customer service and advice on merchandise
- Cultivated loyal and positive customer relationships

Senior Peer Advisor, 09/24- 06/25

University of Portsmouth's Student Union-Advice Service (Hybrid)

- Advising students proficiently on University policies
- Providing confidential guidance tailored to the student's needs
- Managing sensitive student data
- Planning outreach events

Camera Operator, 06/2024 to 07/2024

'Devil's Punchbowl 2'- Starks Films, Hampshire, UK

<https://www.starksfilms.co.uk>

- Operating Canon C70 and Canon C300 cameras
- Expertise in setting up and maintaining film equipment
- Solving unexpected challenges and creating shoot plans
- Strong understanding of shot composition, framing, and movement

References

Linda Regan- IDTA Freestyle Dance teacher: regandance1@gmail.com.
Deborah Croucher- Tottenham Hotspur Shop: 01279 416 171

Skills and Interests

- Hip Hop, Street, Commercial and Freestyle
- Choreography
- Strength and Conditioning
- Team-builder
- Coaching
- Pastoral care
- Video Filming and Editing
- Music editing
- Social media
- Project coordination
- Events planning

Achievements

Dec 2024

Winner of 'Most Dedicated Coach' at the University of Portsmouth's Dance Winter Awards

January 2025

Nominated for 'Student staff of the year' at the University of Portsmouth's 'Union Awards'.

Education

L4 IDTA Teaching Diploma in Freestyle Dance, Dance College London

**BA Hons Film Production
University of Portsmouth, Hampshire**
First-Class with Honours

**St Marks West Essex Sixth-form
Harlow, Essex**

A-Levels

Media Studies (B), German (B) and Art (C)

GCSE's

9 GCSE's, ranging grades 9-6.