



Registered Charity No: 327747

DCD CASE STUDY – Company Dancer

Ana Luján Sánchez

Biography:

Ana Luján Sánchez www.arts-bridge.com

After completing her career as a professional dancer, Ana creates works across artistic disciplines. Associate Artists at Phoenix Dance Theatre-UK

Born in Valencia, Spain, Ana trained at the Ballet Clásico de Valencia and at the Rambert School in London. She has danced with Ballet Clásico de Valencia (1990-1993) Rambert Dance Company (1995-2006) and Phoenix Dance Theatre (2007-2008)

Ana has worked with many major choreographers around the world.

Richard Alston / Karole Armitage / Mark Baldwin / Rafael Bonachela

Kim Brandstrup / Christopher Bruce / Michael Clark / Robert Cohan

Merce Cunningham / Siobhan Davies / Mats Ek / Javier De Frutos / Jeremy James

Per Jonsson / Jiri Kylian / Lindsay Kemp / Wayne McGregor / Ohan Naharin

Ian Spink / Paul Taylor / Glen Tetley / Twyla Tharp / Didi Veldman / Fin Walker

Glen Wilkinson / Antony Tudor / Aletta Collins / Enrique Rodavalho / Toni Aparisi / Joshua Cienfuegos

Created choreographic works for Rambert School, the workshops at RDC, The Curve Foundation Dance Company in Edinburgh, Scotland, Resolution, for a short Film (Helena) and for the DancEUnion European Festival at the South Bank, London. One of her works "cervaNtes" was part of the Phoenix Autumn Tour Programme.

Teacher of Physical Movement-Techniques: Improvisation, Classical, Contemporary, Maintenance

References at - Universidad Miguel Hernandez, Museum Principe Felipe, Compañía Centro Coreográfico Ballet de Teatros, Mari Cruz Alcalá School, Rambert School, NSCD, Phoenix Dance Theatre, Curve Foundation Dance Company and Rambert Dance Company

Awarded in two different occasions

2003- Best Female Contemporary Artist Category at the Critics' Circle National Dance Awards and 2006- The Artes Escénicas Award in Spain for her performance in Necesidad de Silencio.

2008- Ana is nominated for the Spotlight Award, Female Artist (Modern) category at the Critics' Circle National Dance Awards.

Outside the studio Ana has undertaken and experienced other fields such as



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Foreign Tour Coordinator at Rambert Dance Company 2006, Artistic Direction at Phoenix Dance Theatre-September 2009 to April 2010

Life and Corporate Coach qualification with Rivas Palmer Organization in 2007

Undertaken responsibility for several students and one apprentices in Phoenix Dance Theatre 2008

LDD + Plus Cultural Leadership Programme, London 2008

She was selected to take part at the Rural Retreat for upcoming directors and producers, UK 2008

Compiled and designed the artistic programme and lead the autumn tour for Phoenix Dance Theatre 2008

Professional Certificate in Management-Open University 2010

Ana is a selected member for Who's Who

Transition Process:

I always had a motive to bring the best out of individuals but didn't have objective skills to do so. I was taking responsibilities in different institutions as a choreographer, teacher in the dance sector; also, was a leader as a dancer within a group of dancers. I had an injury, the first one in my whole career in 2005. I contacted DCD to explain my desire to put technical terms into my dreams and what I thought qualities.

DCD offered me an incredible moral support, my self esteem improved because they were providing me with a structure to take steps forward.

After my first meeting with Linda Yates, we spoke about the possibility to take a Personal & Corporate Coaching course with Rivas Palmer. I had to present DCD with a letter explaining the reasons why it was important for me to have the financial support and to achieve a place in the course mentioned. The letter was then evaluated by the board at DCD, and the outcome was positive.

The course was completed and the skills learned were very useful for me to apply to myself, my live and to use in any situation and with any individual. I could have an income from the qualification obtained.

After having completed a satisfactory career as a dancer in the UK, I was presented with a situation where I had responsibilities covering skills as a director and leader in a dance company. I applied the skills from the Coaching course to overcome all the responsibilities in the situation.

I was giving a title as a Rehearsal Director and then as an Artistic Associate in the dance company.



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2008-2009- After I completed my period as a director/leader in the dance company I wanted to put theory into the practice that I had. I was also ready to try to relocate to my hometown after my last 17 years working and living in the UK.

I contacted DCD and explained the situation. They gave me the advice to complete a Management Course with the Open University ; the board offered me the opportunity to do so with the bursary to cover course cost and maintenance for 10 months. I don't have words to explain the moral support they gave to me.

Learning from the process:

The most important thing is that DCD makes you feel as if you are not alone. They give you support in terms of Guidance and resources to achieve a transition in your life.

It can be afraid to leave a career and move into something completely different but DCD is there, caring about the person.

I have qualifications, knowledge and skills, which I can use now and in the future. The journey isn't finish but my steps feel stronger to overcome the present and the future.

You are responsible for your self and your life; yes DCD is there for you, but you have to be accountable to appreciate and make productive this opportunity that they give you.

I can make order of my thoughts, my dreams, my desires to achieve a desirable outcome.

Career Title(s):

Artistic Creation / Performer

Do you have multiple careers? (Please highlight the correct answer): **Yes** / No

If yes, please list and highlight the role you view as your Primary career:

Teacher of Physical Movement

Freelance Coach

Artistic Creation / Performer

This DCD re-trainee agrees to being contacted by dancers wishing to gain advice on retraining. Please contact DCD if you wish to contact Ana personally.