

### Initial Skills Audit-Professional Skills (3 of 3)

Professional Skills	Description of Skills	Mark yourself from 1- 5 (1 is low & 5 is high)	Using clear examples, explain why you have given yourself that mark.	Explain why a dancer needs this skill, giving examples of moves it will help them to perform. Make sure you show your knowledge of dance terminology where appropriate
<b>Health and Safety Awareness</b>	Knowing how to take care of oneself, both in the rehearsal/ performance and at home.			
<b>Organisation</b>	Being well prepared and self- disciplined. Not just in the studio			
<b>Resilience</b>	Being able to motivate yourself to address challenges and being able to keep going when something is difficult or new.			