

DAY 1 — WELCOME, TECHNIQUE & GROUP CREATION

- Staff introductions and full program overview
- Health, safety, and filming consent briefing

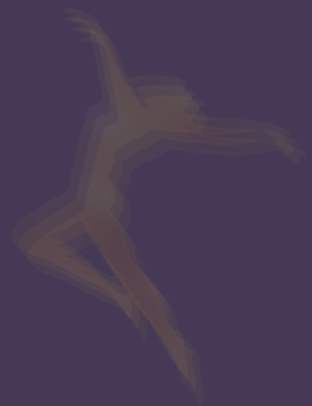
Training:

- Full-body warm-up and technique class (conditioning, turns, kicks, and core fundamentals)
- Group placements based on technical level and performance ability
- Choreography sessions: Commercial & Jazz technique or Jazz Funk
- Lunch break (1 hour)

Industry Session, Q&A covering:

- Working abroad as a dancer
- Daily life in international contracts
- Rehearsal processes and show expectations
- Audition and hiring procedures

Light stretch, reflection, and end-of-day recap



DAY 2 — VERSATILITY & INTERNATIONAL INDUSTRY REALITY

Training:

- Warm-up and conditioning
- Memory exercises (choreography without mirrors)
- Latin workshop (styles, rhythms, partner work)
- Lunch break (1 hour)

Industry Talks:

- Guest talk from a Next Act Global performer
- In-depth discussion on previously asked questions
- Salaries, Cost of living abroad, Country differences, Lifestyle expectations



DAY 3 — PORTFOLIO DEVELOPMENT & CONTEMPORARY PERFORMANCE

Training:

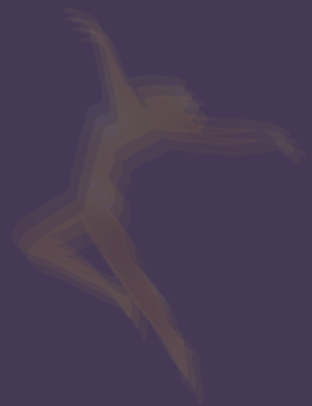
- Body conditioning
- Contemporary / Lyrical choreography
- Focus on emotion, storytelling, and connection
- Lunch break (1 hour)

Industry Education:

- What casting directors look for
- Building a strong portfolio
- Showreels and headshots

Portfolio Session:

- Professional headshots
- Dance poses and materials



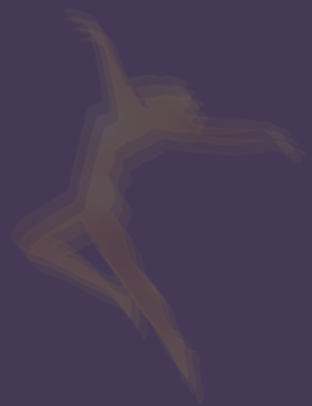
DAY 4 — PERFORMANCE & EVALUATION

Training:

- Technique drills
- Stamina training (back-to-back runs)
- Choreography cleaning (formations, expression)
- Lunch break (1 hour)

Performance Development:

- Freestyle dance battle
- Cypher circle
- Individual feedback on performance quality



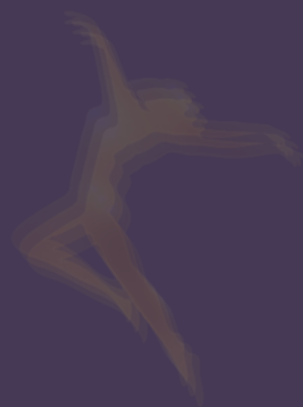
DAY 5 — PROFESSIONAL FILMING & CONTENT CREATION

Filming:

- Group choreography filming
- Solo freestyle clips
- Duets and individual work
- Lunch break (1 hour)

Performance Development:

- High-quality Showreel material
- Professional dance content
- Portfolio footage



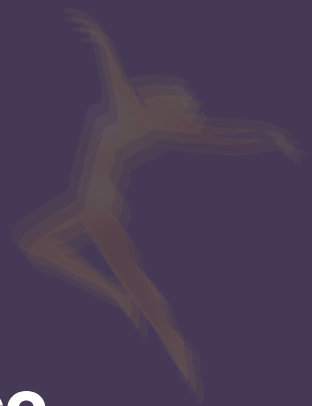
DAY 6 — SHOWCASE PERFORMANCE

Filming:

- Full show run-through
- Spacing and final adjustments
- Performance preparation (hair & makeup guidance)
- Lunch break (1 hour)

Afternoon:

- Live showcase performance



This simulates a **real performance environment**

DAY 7 — RESULTS, FEEDBACK & OPPORTUNITIES

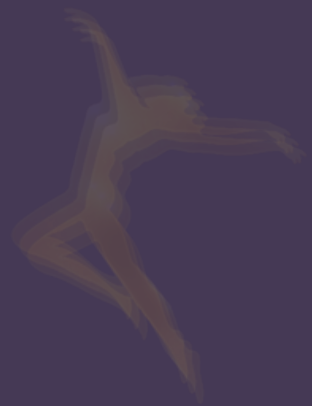
- Group reflection and stretch
- Viewing showcase footage

Outcomes:

- Certificates of completion
- Awards and recognition
- Individual feedback

Opportunities:

- 1-on-1 meetings
- Recruitment discussions
- Potential job offers



Entry onto Next Act Global books