



Part 1: Peer Mentor Connections

1. Meet Your Peer Mentor(s)

Purpose:

This activity helps you get to know your mentor(s) and peers while starting to build a sense of connection and support within the group.

Prompt:

Take a few minutes to introduce yourselves – share your dance background, what you're most excited about this year, and one thing you'd like to improve.

You can include:

- How long you've been dancing
- A highlight or memorable experience from your dance journey
- Something you're looking forward to this year (performances, classes, friendships)
- One area of growth you're hoping to focus on (technique, confidence, artistry, leadership, etc.)

Feel free to keep it conversational – this is your chance to connect and start building a supportive network.

2. Guided Discussion: Building Our Dance Community

Purpose:

To reflect on what “community” means in a dance context and co-create a shared vision for how you'll support one another throughout the year.

Discussion Prompts:

Reflect individually for a moment, then share your thoughts as a group:

- What does *community* mean to you as a dancer?
- How can we create an environment where everyone feels supported, respected, and valued?
- What behaviors, attitudes, or habits help us thrive as a collective?

Think about moments when you've felt truly included, seen, or inspired – what made that possible?

3. Community Contract

Purpose:

To co-create a set of shared agreements that reflect your group's values and expectations – a

guide for how you want to show up for each other all year.

CPYB '25-'26 Community Contract

Our Shared Commitments

1. **Mistakes are part of the learning process.**
We learn, grow, and improve through every experience.
2. **Comparison is the theft of joy.**
Celebrate your own value and progress.
3. **Prioritize the joy of dance.**
Let passion and positivity guide every movement.
4. **Show each other respect.**
We lift each other up through kindness and support.
5. **What doesn't kill you makes you stronger.**
Challenges help us grow in strength and resilience.
6. **Together, we are glowing.**
Our unity makes our community shine brighter.
7. **A small step forward is still progress.**
Every effort counts—keep moving forward.
8. **Happiness can be a choice.**
Focus on what you can control and choose positivity.
9. **Kindness is the key to success.**
Lead with compassion in all that you do.
10. **Just breathe.**
Stay calm, grounded, and present in the moment.
11. **Be the first to show kindness.**
Set the tone for a caring and welcoming space.
12. **No self-hate.**
Speak to yourself with love and encouragement.
13. **Be kind to yourself and others.**
Respect your journey and honor others' paths too.
14. **Every challenge is a chance to grow.**
Embrace obstacles as opportunities for learning.
15. **Compete only with yourself—but be a team player.**
Strive for personal bests while supporting others.
16. **Limit negativity—toward yourself and others.**
Foster a positive, uplifting environment for all.

4.Goal Setting

Purpose:

To articulate meaningful goals that support growth in technique, artistry, mindset, or community engagement.

- **SMART Goals:**

- **Specific** – Clearly define what you want to achieve.
- **Measurable** – Identify how you will track progress or success.
- **Achievable** – Set goals that are realistic given your current skills and resources.
- **Relevant** – Ensure the goal aligns with your broader dance aspirations.
- **Time-bound** – Set a clear timeframe for achievement.
- **WOOP Model:**
 - **Wish** – What is your deepest wish or desire for your dance journey?
 - **Outcome** – What would it look or feel like to achieve it?
 - **Obstacle** – What internal or external challenges might arise?
 - **Plan** – How will you overcome those obstacles?

Tool Sharing: Strategies for Maintaining Motivation

Purpose:

To equip dancers with practical tools that can sustain motivation throughout the year.

Suggested Strategies:

1. **Journaling Progress:**
Keep a dance log or reflection journal to track small wins, breakthroughs, and challenges. Writing helps visualize improvement and reinforces commitment.
2. **Visual Reminders:**
Use vision boards, quote cards, or post-it reminders on mirrors or notebooks to stay inspired.
Seeing your “why” daily strengthens focus.
3. **Micro-Goals:**
Break large goals into small, manageable steps.
Each milestone achieved builds momentum and confidence.
4. *(Optional additions)*
 - **Accountability partners:** Pair up with another dancer to check in weekly.
 - **Celebrate milestones:** Recognize and reward progress, no matter how small.
 - **Mindset resets:** Use affirmations, mindfulness, or reflection breaks when motivation dips.

Part 3: Baseline Assessment: Athletic Coping Skills Inventory

