Move to Lead Frequently Asked Questions:

What is the "Move to Lead" workshop?
It is a 3-hour, in-person professional development experience designed by the Paul Taylor Dance Company that uses guided physical exploration to improve communication, collaboration, and leadership presence. It is a unique, hands-on alternative to traditional corporate training.

Do participants need any dance experience?
Absolutely not. The workshop is built on everyday movements and is designed to be accessible and comfortable for everyone, regardless of physical ability or prior experience25.

What are the tangible business outcomes?
The workshop is directly linked to business outcomes, including enhanced non-verbal communication, stronger team trust and cohesion, increased creativity, and more authentic leadership presence. A participant from a pilot workshop at Google noted it helped them create "a better interpersonal dynamic with their team members that leads to bigger and better product breakthroughs".

Who leads the workshops?
Workshops are led by highly experienced current or former professional dancers and educators from the Paul Taylor Dance Company, including our Director of Education, Amy Marshall, and NYU's Director of Dance Education, Deborah Damast. They are experts in movement, collaboration, and facilitation.

What are the logistical requirements?
We require an open, private space large enough for participants to sit and move comfortably (approx. 30 sq. ft. per person for movement). Standard AV equipment for a presentation and sound is also needed.

What if I'm in NYC?
If you're located in NYC, we'd be happy to host you at our studios at West 38th Street! This location offers a unique opportunity to 'add on' to your experience by including a catered lunch along with a viewing of Taylor dancers in rehearsals.

How is this different from other team-building activities?
Unlike passive training, this workshop uses experiential, "learning-by-doing" which leads to deeper understanding and retention. It draws from the 70-year legacy of a world-class arts organization to provide insights into collaboration and communication that cannot be found elsewhere.

Research on the benefits of dance and movement as a coaching tool in the workplace:

- **Dance as an Intervention for Workplace Stress and Performance**
  Studies on dance as a stress-relief tool have shown it can be beneficial for employees. Dance encourages physical movement, which has been linked to reductions in stress and improvements in overall mood. A study, *Dance and Stress Regulation*, shows that dance, especially in group settings, can reduce workplace stress and increase resilience—key factors for a productive work environment. This research can be extended to corporate coaching by recognizing how incorporating movement in coaching could lead to improved mental and emotional regulation for employees. (ScienceDirect)

- **Impact of Dance in Well-being and Productivity**
  A 2021 study titled *Shall We Dance? Recreational Dance, Well-Being, and Productivity* demonstrated that recreational dance can improve mental health and productivity in employees. While this study doesn't directly link dance to corporate coaching, it suggests that dance can be a tool for enhancing workplace performance and mental well-being, making it a plausible addition to corporate coaching programs. (PMC)

- **The Role of Creative and Experiential Coaching Methods**
  Research on coaching and creative interventions shows that unconventional methods, such as movement or dance, can enhance the coaching process. A study exploring the effectiveness of creative techniques in coaching (e.g., using movement for expression and reflection) found that adding physical components like dance helps to break mental blocks, encourages creative thinking, and boosts self-confidence—traits that directly impact employee engagement and overall work life. Although this research doesn't specifically focus on dance workshops in corporate settings, it is aligned with the growing interest in using body-based interventions in coaching. (International Journal of Coaching in Organizations)

- **Dance and Cognitive Health**
  While most studies on dance interventions in corporate environments focus on general well-being, cognitive health plays a major role in performance. A systematic review found that dance improves cognitive function and emotional regulation, key factors in an employee's ability to handle stress, adapt to change, and perform well at work. When used in a coaching context, dance may help unlock creativity, improve focus, and reduce burnout. (NCBI)