

# LIDA WINFIELD

Performing Artist - Educator



## Performance and Interactive Workshops for Educators, Administrators and Students

### *"In Search of Air: Growing Up Dyslexic"*

In this one hour dance/theater performance based on her experience growing up with a learning disability, dancer, choreographer and spoken word artist Lida Winfield shares the gifts and heartache that accompanied her struggle to learn to read - which did not occur until her early twenties. Mixing vignettes woven in a creative and captivating format, the show and companion workshops are a platform to engage a wide variety of populations to experience disability, access and the value of the arts.

*"Every child with a behavioral, social, physical or learning disability was tucked in the same room; there was not enough money, time or energy to actually teach us in the ways we needed. So we were just separate."*

## Professional Development Workshops for Educators and Administrators of All Levels

**Transforming Learning through Arts Integration:** As a professional performer, educator and practitioner of arts integration, Lida presents innovative approaches for hands-on learning by exploring sensory and kinesthetic experiences that enhance student development, celebrate teaching and honor the whole person. Lida uses spoken word and dance to demonstrate different modalities to transform learning for students with and without disabilities.

## Pre and Post-Show Workshops for Middle School through College Students

**Stomping Stories I:** This interactive workshop helps students better understand both the content and the artforms used in *In Search of Air*. The workshop further deepens the understanding of the topics of disability, access, inclusion and differences as portrayed in the show and gives students the opportunity to engage the artist in a Q&A. With the use of simple movement and voice activities, students artistically express their thoughts and feelings regarding education, learning styles, failure and success.

**Stomping Stories II:** Using improvisation, Lida leads the group to explore different ways of creating stories and movement. We all have many stories that contribute to how we see ourselves and how we operate in the world. By sharing our stories through movement and narrative, participants are building bridges between each other and contributing to the growth of community. Creativity and an open mind are all that are needed to enjoy this workshop. All sizes and abilities welcome.

*Pre-show workshops are recommended for 6th grade and post-show workshops are designed for 6th grade students and up. Workshops can be adapted for a single presentation or a longer residency. Custom-made classes for specific populations may also be requested.*

**Shifting Shame through Dance**



### Artist Biography

Lida Winfield is an innovative and accomplished dancer, choreographer, spoken word artist and educator. She creates original work merging storytelling, dance and visual art. Lida is dedicated to using the performing arts to move herself and others forward intellectually, developmentally, socially and spiritually. Lida has taught and performed nationally and internationally, including at Roger Williams University, Habla: The Center for Language and Culture in Mexico, National Dance Association Conference, and the Bates Dance Festival. Lida studied at The School for New Dance Development in Amsterdam, the Netherlands, and earned a Masters of Fine Arts in Interdisciplinary Arts from Goddard College, Vermont, with a focus on the transformative power of the expressive arts. In 2016, she was honored with the Rebecca Blunk Fund Award through New England Foundation for the Arts, and in 2017, with commissioning partners The Flynn Center for the Performing Arts, Middlebury Performing Arts Series, The Yard, and Jacob's Pillow, Lida received a National Performance Network Creation grant for her new work IMAGINARY.

Over the last decade, Lida has taught educators how to use dance in the classroom as an instructional tool and has been an innovative leader in kinesthetic learning and emotional intelligence. As a performer and teaching artist, Lida travels the country as a Keynote Presenter/Performer addressing issues of education, disability, access, cognitive diversity, and the power of the arts. Her work reaches diverse populations in traditional and non-traditional settings, challenging who dances, who dance is for, and the impact that dance can have on learning and education. Lida is a Visiting Assistant Professor in the Dance Program at Middlebury College.

### Praise for Lida Winfield

*“My 13-year old son saw Lida Winfield’s show today. Even though I have been ‘dragging’ him to dance and performances for years, he never really ‘connected’ with any of it. Not so now. Just wanted you to know that this show affected a show-hating, movement hating 13-year old boy. THANKS.”-Audience Member*

*“Our entire district staff responded immediately with a standing ovation! In the surveys we use to collect staff feedback, Lida Winfield’s presentations received more ‘excellent’ ratings and positive comments than any speaker or session we have ever offered. I highly recommend her.”  
-Craig Martin, Assistant Superintendent of Reading Public Schools, MA*

*“Lida’s performance was almost indescribable...I was re-energized and so grateful for her performance and workshops...I cannot stop thinking about her and talking about her.”  
-Teacher, Reading Public Schools, MA*

### RECENT KEYNOTE PERFORMANCES AND SPECIAL GUEST PRESENTATIONS



International Dyslexia Association  
National Conference, Foxwoods, CT

TEDx Middlebury, Middlebury, VT

Blue Ribbon Schools of Excellence  
National Conference, Orlando, FL

Habla: The Center for Language and Culture,  
Merida, Yucatan, Mexico

Mid-Peninsula High School, Menlo Park, CA

**For booking and additional information:** [www.lidawinfield.com](http://www.lidawinfield.com)  
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**Shifting Shame through Dance**