



TEACHING ARTIST
CLASSICAL BALLET & CONTEMPORARY DANCE

First Name: Jia-Xi

Last Name: Lee

Nationality: Malaysian

Permanent Residency: Singapore | India

COVER LETTER

Dear Sir/Madam,

Thank you for your interest in my resume. My name is Jia Xi (JC), and I am a teaching dance artist with almost **15 years of experience** in dance education and performance. I specialise in **classical ballet and contemporary dance**, with additional expertise in **dance science** informed by my **master's education in neuroscience and psychology**, where I explored the cultural scripts of trauma in professional dancers with trauma-related stress disorders symptomology including PTSD.

As a studio owner and an **affiliate teacher with the Royal Ballet School**, I am one of the first South East Asians qualified to deliver their holistic dance programme: Affiliate Training and Assessment Programme (ATAP), which celebrates dancers of all backgrounds, learning abilities, and body types. Prior to that, I was a full-time faculty with the **Singapore Ballet Academy**, which is a RAD Approved Examination Centre and an associate school with the Singapore Ballet. My role includes preparing up to 120 dancers for their RAD graded and vocational examination. I later joined the **School of the Arts, Singapore**, an IB World School as a full-time dance mentor teaching, tutoring and mentoring aspiring dance students.

After graduating with a **Diploma in Dance Performance** awarded by the **New Zealand School of Dance**, I started my performing career with the **Royal New Zealand Ballet** and **Singapore Dance Theatre (current Singapore Ballet)**. I was honoured to be nominated for two out of three performances for the title of **Best Featured Lead Performer at the Boh Cameronian Arts Awards** (the highest national arts award in Malaysia) and won.

I also was awarded **Summa Cum Laude for my BSc in Psychology and Communication Arts** by Troy University, AL, US and recently graduated with a **MSc in Applied Neuroscience from King's College London**. My research project explored the cultural aspects of psychosocial risk factors of **PTSD in professional dancers, aiming to inform dance teachers and leaders about creating a safe studio climate for dancers**. My work in dance science was recognized with national funding from a Malaysian government agency to conduct a webinar tailored for dance teachers. The webinar centred on the psychology framework, [the biopsychosocial approach to dance practice \[Tarinao, Dance Education & Creation Platform\]](#), emphasising dancers' wellness as the number one priority.

Drawing on my interdisciplinary knowledge, passion, and experience in classical ballet, contemporary dance, neuroscience, psychology, and yoga, I am confident that I can bring valuable skills to the realms of dance artistry, education, and research, benefiting dancers of all ages and levels working in partnership and collaboration towards a shared goal to support those who are driven by the love and passion for dance, rooted in evidence-based pedagogy.

Sincerely,



EXPERIENCE

Dance Studio Director 2024—Present

Tarinao Dance Studio 2024—Present (Based in Gurgaon City, Delhi NCR, India)
www.tarinao.com Promoting dance through the biopsychosocial approach applying neuropsychology knowledge to dance performance and pedagogy.

Dance Teacher/Instructor 2015—Present

Classical Ballet and Contemporary Dance

Fully Affiliated Teacher of the Royal Ballet School, London
School of the Arts, Singapore 2023—Full-time dance faculty

Singapore Ballet Academy 2021-2023—Full-time dance faculty

Freelance Dance Teacher 2015—Present

- Classical ballet and contemporary dance technique
- Body conditioning and awareness
- Creative practice through dance improvisation
- Repertoire study (dance/artist analysis and presentation)
- Mentoring dance students

Dance Artist 2012—Present

Royal New Zealand Ballet 2012—Seasonal Contract for the World Premiere of *Giselle* by Stiefel and Kobborg

Singapore Dance Theatre 2013—Full-Time Contract
 (Current Singapore Ballet)

Independent Artist 2015—Present

- Remnant Visions by Seni Tiga at KongsikL (Mar, 2019) **[Awarded]**
- Collaboration with Sara Heng, Guzheng artist at Damansara Performing Arts Centre (DPAC) (2019)
- Hollow From the Other Side: Body Lab by T.H.E & KongsikL 2018
- The Dance Society of Malaysia (TDS) 20th Competition Gala
- KL Dance Works (Classical Showcase 2017)
- Mix Bill of Contemporary Dance (2019)
- Kaki Seni (16th Boh Cameronian Arts Awards 2019)
- Triple Bill of Contemporary Dance (2018)
- Balletbase Presents (2017)
- Ellie Zhou Ballet Studio (DanceWaves 2017-2018)

Arts Administration 2015—Present

Creative Director

- Dance for Nukeban (2020)—part of the campaign in support of the national ratification for the Treaty on the Prohibition of Nuclear Weapons (TPNW)
- Remnant Visions; Seni Tiga #02 (2019) by KongsikL—awarded best lead/featured performer

General Administrator

- Switchblade Operation: The Longing (2023) by Kongsik Petak—Multiple Award-Winning Production
- La Bayadere (2015) The Dance Society of Malaysia (TDS) & Danceworks Production (KL Dance Works)

Researcher 2019—

School of Healthcare and Medical Sciences, Sunway University

- Construct survey questionnaire, conduct interviews, data analysis, events coordination, literature review, systematic review, journal publication.

Start-up App Company 2017—

GuavaPass Mobile App start-up company; customer service agent, events coordinator, business partnership, social media management for
 (Acquired by ClassPass) Kuala Lumpur region.

PROFESSIONAL AFFILIATION AND MEMBERSHIP

Royal Ballet School Affiliate Training and Assessment Programme (ATAP)	2023–Present Royal Ballet School, London
International Association for Dance Medicine and Science (IADMS)	2023–Present Special Interest Group—Intersectionality & Asia

EDUCATION

MSc Applied Neuroscience	2022-2024 King's College London—Dancers' PTSD, research project
BSc in Psychology	2015–2019 Troy University, US—Dancers' Stress & Self-Esteem, thesis
200-hour Yoga Teacher's Training (TTC)	2014 Manasa Yoga, Malaysia
Diploma in Dance Performance	2010–2012 New Zealand School of Dance

REFERENCES

Renato Paroni (UK)	renato61paroni@gmail.com Ballet Master, English National Ballet
Jenny Trafford (Australia/UK)	jennytrafford@yahoo.com RAD Examiner, Supervisor, & Mentor

