

Jessica Werfel

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Teaching Experience

DANCE ACADEMY OF VIRGINIA

2024-Present

Dance Teacher, Little Dance Program Coordinator, McLean, VA

- Taught 20+ classes per week in ballet, pointe, contemporary, jazz, and creative movement
- Fostered a welcoming learning environment for 1400+ students by updating the curriculum to promote accessibility and leading trainings on adaptive dance class practices
- Assistant directed the Academy's first full production of the Nutcracker by leading rehearsals, choreographing, coordinating studio schedules and production needs

TIPPI TOES

2024-2025

Dance Teacher, Vienna, VA

- Traveled to multiple preschools weekly, building joyful community and tailoring instruction to each classroom's needs
- Communicated consistently to preschool staff and parents to ensure smooth class operations

RUSSELL SCHOOL OF BALLET

2021-2025

Dance Teacher, Chantilly, VA

- Instructed modern dance, including Horton, Paul Taylor, Limon, Bartinieff, release technique
- Supported dancers in learning new movement that counteracted and enhanced their ballet training

OHIO DANCE FESTiVAL

April 2025

Presenter, Columbus, Ohio

- Led students of all levels through various prompts to create movement and see the powerful effects that dance improvisation can have on mental health and well-being
- Shared tools that dancers can use for spontaneous composition and generating new movement

PEACEHAVEN COMMUNITY FARM

2023- 2024

Guest Teaching Artist, Whitsett, NC

- Planned and fully led planned workshops to meet the individual needs of residents with disabilities
- Adjusted dance improvisation lesson plan to be suitable for new dancers, shifting language to be more open-ended and inclusive for movement prompts
- Allowed participants to engage with dance improvisation, create visual art, and choose music; gave participants the ability to make choices depending on their interests and feelings

Company Experience

Gin Dance Company Member

2024-Present

Kista Tucker Insights Modern Dance Company Member

2018-2019

Education

ELON UNIVERSITY

BFA Dance Performance & Choreography, BA Arts Administration

- Florence Dance Center & Accademia Europea di Firenze Study Abroad Spring 2023
- Summa Cum Laude, Elon Engagement Scholarship Recipient
- Rhoades Grant Recipient 2022 for undergraduate research

Additional

- Technical Skills: Jackrabbit, MindBody, DocuSign, Google Suite, Instagram, iMovie, Premiere
- Certifications: Adaptive Dance, Digital Marketing- Hubspot, Child & Baby First Aid/ CPR; PRAXIS Parapro