

Trisha Stigge

CHOREOGRAPHER ✨ DANCE INSTRUCTOR ✨ PERFORMING ARTIST

OBJECTIVE

To lead new and emerging artists into their own voices. By utilizing the exploration of one's own intersectionality and point of view, lead students to practice their craft with self-efficacy, curiosity, and collaboration.

PHONE

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WEBSITE

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CORE QUALIFICATIONS

- individual and group instruction
- arts administration and event management
- professional mentorship
- curriculum development
- choreography

Musical Theatre ●●●●

Modern ●●●○

Dance Recovery ●●●○

Jazz ●●●○

Ballet ●●●○

Acting/Movement ●●●●

EDUCATION

BA Theatre: Performance and Directing; minor Dance 2015-2019
University of Nebraska at Kearney 3.5 GPA

<u>Area</u>	<u>Instructors and Mentors</u>	<u>Techniques Studied</u>
Dance	Noelle Bohaty, Leslie Abegglen	Modern, Jazz, Ballet, Tap, Musical Theatre, Composition and Choreography, Bartenieff, Laban, Critical Response Process, History
Acting	Janice Fronczak	Viewpoints, Stanislavski, Emotional Endowment, Meisner, Chekov
Directing	Jack Garrison	Staging, casting, self-producing, concept development, critique
Vocal Music	Dr. Sharon O'Connell Campbell	Classical and Musical Theatre
Technical Theatre	Darin Himmerich, Michael DeLorm	Lighting Design and Stage Electrics
Classic/Shakespearean Text	Dr. Marguerite Tassi	
Arts Administration	Susan Deiger	

Colligate Leadership and Awards

Alpha Psi Omega- Nu Upsilon Chapter President, 2018-2019

Kennedy Center American College Theatre Festival Irene Ryan Acting Scholarship Nominee; 2016, 2017, 2018, 2019

MASTER CLASSES, TRAININGS AND WORKSHOPS

February 2023- Teaching Consent and Boundaries: On Stage and In the Classroom with Greg Geffard, Chicago, IL

2021-2022, 2024: Glenwood Dance Center Drop-In Intermediate Modern Dance with Kim Baker, Chicago, IL

October 2020- Accents and Dialects: The NYC Boroughs with Susan Schuld, Virtual

March 2019- ACDA North Central Conference

- Bartenieff with Dr. Julie Kerr-Berry, Morris, MN
- Ojibwe and Dakota Ceremonial Dances and Customs with Dakota Dance Troupe

February 2019- Flow and Ease with Kathy Diehl, Kearney, NE

April 2018- Stretching for Jazz with Emily Pike, Kearney, NE

October 2017- House Dance with Vivian Kim, Kearney, NE

TEACHING AND MENTORSHIP EXPERIENCE

SEPT 2025-PRESENT

Dance Instructor | Yvonne's Dance Academy | Chicago, IL

- Classes taught: Bitty/Kinder Ballet, Bitty/Kinder Hip Hop, Ballet 1, Hip Hop 1, High School Exploratory (rotating instructors). Ages 3-18

SEPT 2025-PRESENT

Dance Instructor | St Benedict Preparatory School Upper School | Chicago, IL

- Middle School Dance Elective: build syllabi with students, build curriculum based on their interests (Examples: Choreography Development Unit; American Studio Dance Styles; Strength, Flexibility, and Musicality). Ages 11-14

MAY 2025-PRESENT

Dance Instructor | Paramount School of the Arts | Aurora, IL

- Substitute teacher since January 2025
- Dance Instructor: Musical Theatre Institute, Paramount Dance Project; Ages 14-18

DEC 2024-PRESENT

Dance and Theatre Instructor | Niles Park District | Niles, IL

- Classes taught: Ballet/Tap, Musical Theatre Dance, Holiday Disco Party, Introduction to Acting and Theatre Fundamentals, Acting 2: Genre Study and Building a Production. Ages 3-12
- Camps: Dances Around the World Week (West African, Bollywood, Irish Step, Hula/Haka, Salsa) and Dances Through the Decades Week (1920s-Now), K-Pop Demon Hunters Day Camp. (Ages 7-12)

TEACHING AND MENTORSHIP EXPERIENCE (CONT.)

JAN 2023-APRIL 2026 (CONTRACT)

Choreographer and Teaching Artist | Children's Theatre of Elgin and Fox Valley Theatre Company | Elgin, IL

- Choreographer
 - Casts sizes from 50 to 142 youth actors; styles explored include Jazz, Musical Theatre, Modern, Ballet, Tap, Contemporary, Hip Hop, and Dance Puppetry; Dance Recovery and Body Work; Ages 7-20
- Teaching Artist
 - 2023 Summer Camp Program: movement energies, body/voice connection, and "Laban Jr."
 - 2024 and 2025 Summer Camp Program: Dance for Non-Dancers
 - curriculum included: Ballet and Jazz positions and fundamentals; memorization and mock Open Calls; In the teen division, students collaborated on a final dance composition, exploring order, directionality, stop/start, and narrative. Ages 7-18

MAY 2022- MAY 2024

Administrative Assistant-Theatre | Columbia College Chicago | Chicago, IL

- Industry student resource; hold appointments/walk-ins to discuss career goals, artist statements, where to find auditions and monologues, and artist self-care; administration (communications, finance, operations, marketing, design, event planning, and more). Ages 17-23

JULY 2023

Instructor | Bartenieff Fundamentals Workshop:self-produced | Chicago, IL

- Chicago actors review language of Laban technique; learn Bartenieff terminology; discuss kinesiologic benefits of muscle isolation through practice; adult theatre practitioners

September 2022-November 2022

Understudy Mentor and Dancer | Dominican University | River Forest, IL

- perform alongside students; answer questions on the professional process of understudy and cover work; discuss balancing creative projects. Ages 17-23

CURRENT WRITING PROJECTS AND AREAS OF STUDY (INDEPENDENT)

"LAVENDER"

- A domestic queer drama (Modern Dance integrated throughout)
- Themes and motifs: Lavender marriages, queer history, family secrets, the value of a photo

"Anvils and Artificial Honey"

- A domestic tragedy
- Themes and motifs: medical malpractice, recovery after abuse, depression, small town gossip, manipulation and persuasion

"Searching for Sera Until 9:00"

- An absurdist dance comedy about baking cakes and flying kites
- Themes and motifs: depression/happy hormones as a cyclical tango, mid-twenties hyper-self-reliance and its impacts on relationships

Areas of Study (2026)

- Bisexuality and feminism
 - breaking down the culture of paradox and its historically harmful impact on gender expression and sexuality exploration
- Marlene Dietrich
 - What does it mean to practice "resistance with grace"? She stood in solidarity against the Nazis who took over her home country by selling war bonds. Meanwhile, being labelled an "abomination" for her sexuality by the people she worked to protect.
- The Poetic Edda
 - what do the traditions of Norse-Germanic mythology and heathenry look like in the modern world?
- Dance Pedagogy and Diversity
 - redefining "classical training" to reflect proficiency, technique and practice rather than specific styles, particularly those of the Western influence

PRODUCING/ ART DIRECTION

Corn Productions Company Member

- 2025-Present: Marketing, Sketch writing, Season planning, Grant Applications Committee

Doug Dinelt Photography Assistant: Dance Studio Season Photos

- 2024-2025: Posing dancers, set-up and tear down of equipment, photo/dancer tracking

Nonsense Theatre Company Company Member

- 2023-2025: Season building, script selection, procurement of goods, rehearsal management, venue scouting, marketing, administration

Industrial Training Videos- Allen Brother's Corporation

- 2020-2021: Product research, script writing and pitching, art direction, procurement of goods, shot list development, schedule tracking

Student Dance Workshop 2018

- 2018: Auditions/casting, designer coordination and collaboration, program design, marketing, concert order/dancer tracking

PERFORMANCE & CHOREOGRAPHY: DANCE (partial list)

<u>Production</u>	<u>Pieces</u>	<u>Choreographer</u>
plucked <ul style="list-style-type: none">January 2020Kearney, Nebraska	"thing with feathers redux" "Snowbirds" "Conversation with the man in the moon" "in\counting" "this_keeps_me & it's_to_me out"	Noelle Bohaty Kathy Diehl Hunter T. Scow Riley Wiese Trisha Stigge
SDW 2019 <ul style="list-style-type: none">November 2019Kearney, Nebraska	"Conversation with the man in the moon" "in\counting" "Di/a/ssimilate" " methods of mass instruction"	Hunter T. Scow Riley Wiese Lexi Powell Trisha Stigge
spaceSpaces <ul style="list-style-type: none">May 2019Kearney, Nebraska	"DI\vin/E" ** "split/second stint" "Underworld: Eurydice Redux" *** "InsparRed"	Hunter T. Scow Paige Corr Noelle Bohaty Stigge/Ensemble
Fusion: Multi-Media <ul style="list-style-type: none">December 2018Kearney, Nebraska	"What a wonderful world"	Minori Yamauchi
SDW 2018 <ul style="list-style-type: none">November 2018Kearney, Nebraska	"Pardon" "oooo(oo)"	Yvette Jimenez Trisha Stigge
eloquence in action <ul style="list-style-type: none">May 2018Kearney, Nebraska	"Pas de Cinq" "at what stakes: the devil you know"	Leslie Abegglen Noelle Bohaty

** additionally performed at North Central American College Dance Conference 2019 | Morris, Minnesota

*** full production invited for performance at Region 5 Kennedy Center American College Theatre

Festival 2019 | Sioux Falls, South Dakota

Dance Theatre

The Best Musical Ever, Choreographer, Corn Productions, Dir. Maddi LeBlanc

Disney's Descendants, Choreographer, Children's Theatre of Elgin, Dir. Alyssa Strattfield

Doctor Faustus, Choreographer, Nonsense Theatre Company, Dir. Shane Richlen

The Prom, Choreographer, Fox Valley Theatre Company, Dir. Stephanie Uzomba

Finding Nemo Jr., Choreographer, Children's Theatre of Elgin, Dir. Allison Cherry

As You Like It, "Adam/Phebe"/Choreographer, Nonsense Theatre Company, Dir. Gabby Ashlin (Movement, Acting, and Choreographer)

JACK, Choreographer, Children's Theatre of Elgin, Dir. Allison Cherry

Midsummer Night's Cirque, Dancer and U/S Mentor, Dominican University, Dir. Krista Hansen

Icterine, "The Wallpaper," k_e_r_n Theatre, Dir. Sarah JK Shoemaker (Acting/Dance)

Zombie Prom, "Coco"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

Eurydice, "Big Stone"/co-choreographer, University of Nebraska at Kearney, Dir. Noelle Bohaty (Dance, Choreography and Acting)

A Year with Frog and Toad, "Lady Bird/Young Frog"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

"I Believe In Love," by Alexa Kriss music video, Choreographer/Dancer, Dir. Darcy Bahenksy

PERFORMANCE: THEATRE/FILM (partial list)

Hot People Island, "Sandy", Annoyance Theatre and Bar, Dir. Maddi LeBlanc

Cupid's Revenge, "The Bartender", Corn Productions, Dir. Pete Laughlin

DRINK: At the Arcade, various roles, Corn Productions, Dir. Anthony Sanberg

Hot People Island, "Sandy", Corn Productions, Dir. Maddi LeBlanc

Much Ado About Nothing, "Margaret", Concrete Palm Trees Productions, Dir. Melbin Borrero III (Movement/Acting)

As You Like It, "Adam/Phebe"/Choreographer, Nonsense Theatre Company, Dir. Gabby Ashlin (Movement, Acting, and Choreographer)

Midsummer Night's Cirque, Dancer and U/S Mentor, Dominican University, Dir. Krista Hansen (Acting, Dance, Mentorship)

Not As I Do, "Rosalind", Possibilities Theatre Company, Dir. Erin Sheets (Acting)

Icterine, "The Wallpaper," k_e_r_n Theatre, Dir. Sarah JK Shoemaker (Acting/Dance)

Give No Quarter, "Mary Read," Stage Left Theatre, Dir. Rachel Van (Acting)

Come Undone, "The Shape," Three Brothers Theatre, Dir. Ella Spoelstra (Movement Acting)

Mythomania, "Shira (u/s)," GreatWorks Theatre Co., Dir. Jake Jones (Acting)

Fractured Fairy Tales, "Track 4 (u/s)," GreatWorks Theatre Co., Dir. Christina Casano (Acting)

Industrial Training Videos for Chef's Warehouse, Voiceover, Dir. Miguel Estrada

Industrial Training Videos for Allen Brother's Corp., Producer and Voiceover, Dir. Miguel Estrada

7 Deadly Sins, "Joanne/Coco/Erin," Clock Theater Productions, Dir. Rachel Van (Movement and Acting)

A Comedy of Tenors, "Maria," Brownville Village Theatre, Dir. Rachel Curtiss (Movement and Acting)

The Diary of Anne Frank, "Mrs. Van Daan," Brownville Village Theatre, Dir. Mitchell Bean (Acting)

Zombie Prom, "Coco"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

The Tell-Tale Farce, "Miss Sarah Dowling" Brownville Village Theatre, Dir. Mitchell Bean (Acting and Period Movement)

A Year with Frog and Toad, "Lady Bird/Young Frog"/Choreographer, Brownville Village Theatre, Dir. Rachel Curtiss (Choreographer and Acting)

Maybe Baby, It's You, various characters, Brownville Village Theatre, Dir. Mitchell Bean (Acting)

Guys and Dolls, Choreographer, Kearney Community Theatre, Dir. Dave Rozema

Perfektion short film, "Grace," Avenue9 Films, Dir. Andrew Sindt (Acting and Movement)

"I Believe In Love," by Alexa Kriss music video, Choreographer/Dancer, Dir. Darcy Bahensky

References

Yvonne Grabe-Liddell

She/her
Owner/Founder
Yvonne's Dance Academy
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Joshua Fitch

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Collaborator on 10+ projects over the years/personal reference

Mitchell Bean and Rachel Curtiss

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Former Employers