

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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EMAIL

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WEBSITE

www.trishastigge.com

CORE QUALIFICATIONS

- individual and group instruction
- arts administration and event management
- professional mentorship
- producing and art direction

Musical Theatre ●●●

Modern ●●●

Dance Recovery ●●○

Jazz ●●○

Ballet ●○○

Acting/Movement ●●●

TEACHING AND MENTORSHIP EXPERIENCE

JAN 2023-PRESENT

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 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 kinesiological benefits of muscle isolation through practice; adult theatre practitioners

EDUCATION

BA Theatre: Performance and Directing; minor Dance
University of Nebraska at Kearney

2015-2019
3.5 GPA

Area
Dance

Instructors and Mentors
Noelle Bohaty
Leslie Abegglen

Techniques Studied
Modern, Jazz, Ballet, Tap, Musical Theatre, Composition and Choreography, Bartenieff, Laban, Critical Response Process, History

Acting

Michael DeLorm
Janice Fronczak

Viewpoints, Stanislavski, Emotional Endowment, Meisner, Chekov, Period Styles

Additional Collegiate Studies include: Directing, Stage Electrics/Lighting Design, Classical and Musical Theatre vocal performance, Shakespearean/Classical Text Analysis, Dramaturgy, Arts Administration

Post college trainings include: Intimacy for the stage, Accents and Dialects, continued education in Modern, Jazz, Ballet, and Musical Theatre dance styles