



Who am I?

THE ART OF REINVENTION

or is it?

Emily-Rose Cluderay



How many
different versions
of you have ever
existed?

For so long,

DANCE

was

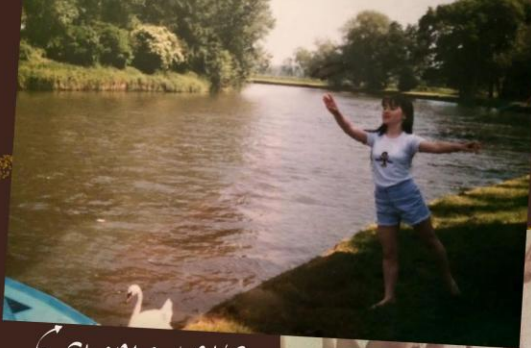
all

I knew



MOVING MOVES the body

Sometimes the story we can't speak finds a way to be danced.
© Rhulay



SWAN LAKE: A BALLET IN TWO ACTS



PROLOGUE: THE DUCKLING DIARIES!



BABYWEARING FLASH MOB!!



MOMENTS OF JOY DURING "STEPPING OUT WITH MY BABY"



Mini ER

Dance as the golden thread

A MOTHER SAID I WAS A DANCER BEFORE I COULD WALK

...free..

BUT WHAT HAPPENS
WHEN THE LIFE
YOU WERE PLANNING
NEEDS A
NEW PLAN



DANCER

PRIV
NANNY
T
CHILD CARE

GRU
T
M
E
N

CLE
NE
WAITRESS

ADMINISTRATOR

Auntie

Wife

"Millie"

(step)
Parent

FOUND
CEO

Boss

"Emily-Rose"

Colleague

Daughter

"Em"

TEACHER

PRACTITIONER

RESEARCHER

Friend

"ER"

PRACTICE MANAGER

HD

A little less conversation
A little more



...presence
...intention
...noticing

Love,
ER_x

...A LITTLE MORE
LISTENING
PLEASE ↓

Who
am
I...

...the threads
were there all
along



I am
LOVING

GROWTH

FAITH

I am
DEVOTED

CURIOSITY

connection

truth

presence

LIGHT

CREATIVITY

WISDOM

AWE

JOY

storytelling

EVOLUTION

VITALITY

I am
RECEPTIVE

LOVE

compassion

I am
EVOLVING

Rose

Kapadia



KAPADIA
ROSE



Identity doesn't change ...



it is revealed




Maybe **REINVENTION**
isn't becoming
SOMEONE ELSE

Maybe it's
BECOMING more
fully **YOURSELF**

THE ART OF REINVENTION: ME, MY SELVES & I





Walk through the scenes
of your life 




Who was she?

What mattered to her? 

What did she love? 

What came naturally? 

What were her dreams? 



What were her values?

CHILDHOOD

ADOLESCENCE

PRESENT DAY

MID CAREER

EARLY CAREER

THE ART OF REINVENTION: BEHIND THE SCENES

CHILDHOOD

What defined this chapter?

What did you learn?

ADOLESCENCE

What defined this chapter?

What did you learn?

EARLY CAREER

What defined this chapter?

What did you learn?

MID CAREER

What defined this chapter?

What did you learn?

PRESENT DAY

What defined this chapter?

What did you learn?

10

SOUNDTRACK

What songs belong in each chapter?



COSTUME

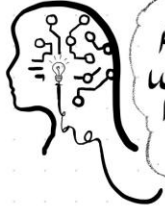
What felt like armour?
What was your second skin?

SETTING

Where felt like home?

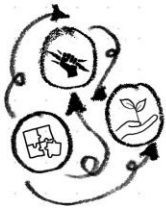


THE ART OF REINVENTION: CONNECTING THE DOTS



ACROSS YOUR CHAPTERS
WHAT KEEPS FINDING
IT'S WAY BACK
TO YOU?

MY
GOLDEN
THREADS



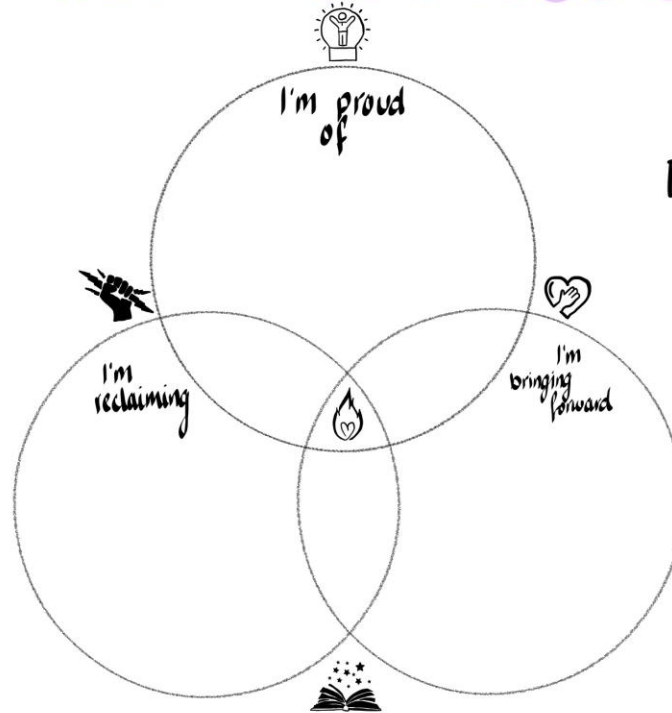
TO GET YOU STARTED: JUSTICE • CREATIVITY • FREEDOM • CURIOSITY • ADVOCACY • CONNECTION • LOVE • FAITH • MEANING • ORDER • PROTECTION • LEADERSHIP • GROWTH • CARING

THE ART OF REINVENTION: INTEGRATION

What have you
outgrown?

What no longer
fits?

Which version still
has something to
teach you?



What parts of yourself
are asking to return?

What deserves
more space?

At your core,
who are you, really?

YOUR FUTURE
NOTE TO SELF:

Jaffa



Pet photos
to: 07917
866212

www.
KAPADIA-
ROSE.co.uk

to
Our psychiatric
experts,
chambers

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