



P. Valerie Dauphin

The Dancing Confidence & Authenticity Coach

The Danceshops™ Creator | Speaker | Award-Winning Author

P. Valerie Dauphin's mission is to inspire her clients, audiences, and readers to live confidently and authentically with harmonious flow across every area of their lives. She is highly skilled at leading others to unabashedly uncover what they really want, personally and professionally, through body-based practices and exquisite attention on their dreams and desires. As a dance and fitness instructor, Valerie found herself naturally coaching and sharing inspirational stories in her classes, which helped her students activate a deeper mind/body/spirit connection to their life success in and outside of the gym or dance studio. This mind/body movement/spirit exploration led to the creation of a personal success hybrid coaching and workshop model called The Rock Your Life Danceshops(TM) series.

"The Tony Robbins of Dance"

Valerie facilitates The Rock Your Body Image Danceshop™ in Hollywood, CA, where she guides transgender and gender non-confirming individuals in cultivating a body image where they act on the truth that their body is their ally, not their enemy, in unlocking and actualizing their dream lives. She is also a Licensed ZUMBA® and Group Power Instructor, Adjunct Faculty in Sports & Wellness at Mount Saint Mary's University, Dance Teaching Artist with artworxLA, Dance Instructing Artist at Gabriella Charter School, Certified Dream Coach®, and Certified Life Coach. Valerie's dance background is in Salsa, House, Samba, Hip Hop, and numerous dances of the African Diaspora. She has served as Executive Board Member of African Rhythms Drum and Dance Troupe and as a judge for the NAACP ACT-SO Competition in the dance category.

Keynotes/Workshop Topics:

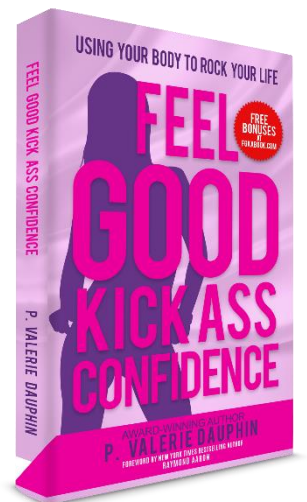
- Rock Your Body Image & Self-Care
- Rock Your Career & Work Life
- Rock Your KickAss Authentic Self
- Rock Your Spirit
- Rock Your Envy into Power
- Rock Your First-Generation Identity

Testimonials:

"I went to this [Danceshop] and it opened up a wealth of creative blocks. The results were immediate and tangible. Valerie is a wonderful leader who has crafted a suuuuper fun & safe space to explore and transform." – Erin Stegeman Marrero, Actress, Writer, Director, Producer

"Valerie is someone who lives her life and her craft with passion, and who knows from experience what will inspire, empower and transform your life - from the inside-OUT. I received more insight, focus and clarity in a few hours than what has taken me months, sometimes years to learn on my own. I highly recommend this workshop for those who are truly ready to change the course of their lives!"

- Danceshop Attendee



"Your body is the key to authentic & confident thriving."



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