

**Ime Essien-Hassel****Coach in Essential Communication and Authentic Performance,  
Dance Teacher**

Throughout her career, Essien-Hassel discovered that a good technique and perfect form in a profession might not guarantee true expression or congruent communication. Therefore, she developed an interest in supporting the performer's integrity as a person and artist, with technique being an integrated quality. She trained the communication technique Process Inquiry®, then to become Change Catalyst®, in order to enhance and accompany change processes in an organic manner. Process Inquiry® is a method of communication, a base for counselling and useful in any context where essential and solution-oriented communication is wanted or required. It translates the verbal content into an energy process and looks at the movement behind the words. The *inquiry* invites to uncover the hidden meaning of what has been said, and its deeper significance. The essential point of a situation or problem can reveal the key to solution and healthy change. The education as a Change Catalyst® expanded and strengthened her holistic view on conflicts and solutions, especially when working with groups.



Essien-Hassel's approach in coaching is to combine her knowledge as a dancer/rehearsal director with the movement perspective of verbal and physical interaction. She does not look for, or give solutions but lets the dynamic of the situation in the moment be the teacher. Her international experience, as well as her multi-linguistic skills allows her to be aware of and understanding to cultural dynamics. She supports to look for the resource in the differences and for the growth of the commonalities. A congruent and authentic connection of all these aspects clearly expressed creates an authentic field for exchange and creativity. A healthy organization inside and outside of the body.

Ime Essien-Hassel is of Nigerian origin, born in Russia, raised in Germany and studied dance in Germany and N.Y. First being a dancer/singer in musicals, rock operas and modern music theatre, she then worked in contemporary dance companies throughout Belgium, Holland and Germany. This was followed by a long-term engagement as rehearsal director of a modern dance company in Northern Sweden. There she assisted restaged and accompanied creations of renowned choreographers of the international contemporary dance scene.

Essien-Hassel works internationally as a teacher and coach in academies of performing arts and with dance companies. Currently, she develops a syllabus in essential movement coaching for professional dancers and non-dancers.

**Contact**

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