

REGIONAL DIRECTOR BIOGRAPHY

Steph De'Ath

North London Region



Prior to graduating from North London School of Sports Massage (NLSSM), Stephanie completed Trinity Laban's MSc Dance Science programme in 2012 and completed professional dance training at Middlesex University achieving a BA (Hons) in Dance Studies (2008-2011). Stephanie's dance background and Dance Science studies initiated a keen interest in the areas of movement analysis, injury surveillance and rehabilitation. After studying these topics extensively during undergraduate/postgraduate study, Stephanie decided she wanted to have a more 'hands-on' approach and subsequently this led to pursuing the course at NLSSM.

Stephanie is Sports and Remedial Massage Therapist at London Contemporary Dance School and Trinity Laban Conservatoire of Music and Dance, working with their students, staff and alumni. Stephanie is a lead tutor at North London School of Sports Massage (NLSSM) and a lecturer in Anatomy, Health and Fitness for dancers at Bird College, alongside guest lecturing at London Studio Centre and Royal Academy of Dance. Alongside this Stephanie supervises BA dissertation projects focused on Dance Science at Middlesex University and London Studio Centre. Stephanie continues to be an active researcher and since graduating from her MSc she has presented at the International Association for Dance Medicine and Science (IADMS) and been a part of multidisciplinary research projects with published reports. In May 2016, Stephanie became manager (part-time) of the National Institute of Dance Medicine and Science (NIDMS) and is passionate about utilising this role to improve access to high quality healthcare for dancers, as well as improving the profile of soft tissue therapy amongst the dance community.