TRINITY LABAN

Performance Enhancement Tutor- Centre for Advanced Training in Dance (CAT)

Permanent, Hourly Paid

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Performance Enhancement Tutor – Centre for Advanced Training in Dance (CAT)

Contract: Permanent, Hourly Paid

Salary: £43.11 per hour (Including LWA)

We are seeking to appoint a highly experienced and inspirational Performance Enhancement Tutor with a strong professional background in strength and conditioning and exercise rehabilitation, to support dancers on our Centre for Advanced Training (CAT).

The Trinity Laban CAT is part of a nationwide Department for Education scheme that offers high-quality training to young people with talent and potential in dance. At Trinity Laban our CAT students engage in technical training in Ballet, Contemporary and Hip-Hop, alongside developing their creative practise. Our students receive expert performance enhancement and physiotherapy support. They work with professional choreographers to create work for performance in our theatre and beyond. Students attend CAT all day on Saturdays and some evenings during the week. CAT is part of our Children and Young People's Dance programmes at Trinity Laban.

Join our committed and innovative team of dance professionals as part of the Centre of Advanced Training programme. You will be responsible for working alongside CAT technique and creative teachers to oversee the CAT student's health, fitness and well-being through conditioning, organising physiotherapy treatments as necessary, supporting individual students' injury prevention and recovery programmes.

We are looking for a self-motivated, highly organised individual who has a master's degree or equivalent in dance, sport or exercise science, physical education or related subject and experience working with adolescent dancers/athletes. The role will require you to contribute to the performance enhancement of dancers by applying in-depth knowledge of anatomy and movement mechanics, injury management and injury prevention strategies, in addition to appropriate and progressive exercise prescription. A good understanding of the physiology and biomechanics of adolescent dancers and an ability to educate and disseminate information on scientific topics that relate directly to health is also required (e.g. nutrition, rest, injury management, flexibility).

This post offers an exciting opportunity to work practically with talented young people and contribute to the training of future dance artists within a prestigious contemporary dance conservatoire.
This role is 12 hours per week, including Saturdays, in term time.

Please note: This position involves working with children & young people and vulnerable adults therefore all appointments will be subject to an enhanced Disclosure & Barring Service check. Trinity Laban is committed to Safeguarding and promoting the welfare of children and adults at risk and expects all employees, workers, and volunteers to share this commitment.

Advert inclusion

We welcome applications from people of all backgrounds, identities, and experiences, and we actively encourage candidates from under-represented groups to apply. Recruitment decisions are made fairly and transparently, based on skills, experience, and potential. We will provide reasonable adjustments on request throughout the recruitment process and in the workplace to ensure equal access for all.

Trinity Laban is committed to upholding the principles of freedom of speech and academic freedom within the law. We value open, respectful debate and encourage the exchange of diverse ideas and perspectives. All employees are expected to contribute to an inclusive environment where differing views can be expressed and discussed constructively, in line with our organisational values and legal obligations.

Please note all applications submitted will be shortlisted anonymously by our recruiting panel, so please ensure that your name and personal details are not included to your supporting statement, otherwise we will not be able to consider your application.

If you think this might be just the job for you, please register an account with our eRecruitment system (or login if you have an account) and complete an online application form using the following link https://jobs.trinitylaban.ac.uk/

For any queries about this role that are not covered in the job pack, please email Katerina Filosofopoulou, our Talent Resourcing and Organisational Development Officer on staffrecruitment@trinitylaban.ac.uk.

Closing Date: 23:59 hours BST, Sunday 6 December 2026 (No Agencies)
Interview Date: Thursday 17 December 2026

All of our taught programmes are validated by Trinity Laban Conservatoire of Music and Dance. Research degrees are validated by City, University of London. Trinity Laban Conservatoire of Music and Dance is a company limited by guarantee registered in England and Wales Company No. 51090. Registered Charity No. 309998.

TRINITY LABAN

Job Description

Post:	Performance Enhancement Tutor - Centre for Advanced Training (CAT)
Department:	Children and Young People's Dance Programmes
Reporting to:	CAT Programme Manager
Contract:	Hourly Paid, Permanent, 12 hours per week, including Saturdays

PURPOSE OF ROLE:

Enhance the performance of adolescent dancers on the Centre for Advanced Training through workshops, seminars and 1-1 consultations, using advanced knowledge of anatomy, biomechanics, dance technique and injury management.
Deliver high-quality 1-1 exercise rehabilitation to support injured dancers.

Main duties

- Develop and prescribe a programme of progressive strength and conditioning exercises for our CAT students.
- Work 1-1 with individual students – assessing posture and alignment, movement patterns, strength imbalances and mobility. Prescribe appropriate strength and conditioning exercises for the benefit of dance technique, posture and alignment and injury management.
- Monitor and support individual students when injured, including devising an injury treatment and rehabilitation plan in consultation with health professionals (physiotherapists) as required and providing feedback to staff, students and parents/carers as appropriate.
- Schedule physiotherapy and 1-1 appointments as necessary. Communicate appointment times with parents, students and the CAT management team.
- Develop and deliver lectures/practical sessions based on a variety of health related and dance science topics.
- Organise screening and profiling of students as necessary, and disseminating findings to staff, students and parents/carers as appropriate.
- Plan and teach Performance Enhancement (PEn) classes on the CAT programme, contributing as required to Contemporary, Ballet and Hip-Hop technical training.

- **Work closely with CAT teachers and staff; sharing dance science knowledge, supporting staff CPD and enhancing the delivery of our curriculum.**

- **Maintain effective administrative systems, updating student records with all relevant information, health and injury records as required.**

- **To carry out any other duties which might reasonably be requested by the Programme Manager**

Higher education (Freedom of Speech) act 2023

Trinity Laban is committed to securing freedom of speech and academic freedom within the law as outlined in the Freedom of speech code of practice. We actively promote the open exchange of ideas, recognising that free speech is strengthened, not weakened, by vigorous discussion of opposing perspectives in a civil, respectful, and peaceful manner. All members of our community should feel empowered to consider and discuss contentious issues, assured that they will be treated with dignity and respect.

The postholder must:

- *Promote the profile and image of the Department and the Conservatoire wherever possible.*
- *Hold a clear enhanced Disclosure and Baring Service check.*

Offers of employment:

- *All provisional offers of employment are subject to proof of eligibility to work in the UK, verification of qualifications and satisfactory references.*
- *If you are unsure of your right to work in the UK, you can use the GOV.UK visa checking tool to establish your eligibility and options relating to visas.*
- *Please be aware that all visa routes have their own eligibility criteria and not all roles/applicants are eligible for sponsorship under the Skilled Worker route.*

Referees:

References will not normally be taken up unless a provisional offer of employment is made. All offers of employment are subject to the receipt satisfactory references covering current or most recent employment and the past three years of work.

Conservatoire Values:

All staff are expected to operate in line with Trinity Laban's Terms and Conditions for staff, which set out the principles of how we work together. More information about the Conservatoire's vision, mission and values is available at https://www.trinitylaban.ac.uk/about-us/.

All members of staff are required to be professional, co-operative and flexible in line with the needs of the Conservatoire.

Trinity Laban has a no smoking policy on its premises.

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Performance Enhancement Tutor – Person Specification

Criteria	*Specification*	*E/D*	*Measured By*
Education / Qualifications	Postgraduate degree or equivalent in dance, sport or exercise science, physical exercise rehabilitation or related subject	Essential	Application
Experience	At least two years prior experience working in a similar role involving strength and conditioning, physiotherapy, sports massage, rehabilitation	Essential	Application & Interview
	Experience working with adolescent dancers/athletes	Desirable	Application & Interview
Knowledge / Understanding	Excellent knowledge of dance and exercise science and related health topics, including specialist knowledge of anatomy, movement mechanics and exercise prescription.	Essential	Application & Interview
	Good understanding of the physiology and biomechanics of the adolescent dancer	Desirable	Application & Interview
Skills and Abilities	Excellent verbal and written communication skills and ability to form positive relationships with colleagues and young people, and to respond empathetically, calmly and diplomatically in challenging situations	Essential	Interview
Personal Qualities	An approachable caring manner and the capacity to relate to people of different backgrounds and experience	Essential	Interview
	A commitment to applying principles of equality of opportunity in all professional activities	Essential	Interview
	An adaptable and conscientious approach to work	Essential	Interview
	Ability to respond empathetically, calmly and diplomatically in challenging situations	Essential	Interview
	Commitment continuing service quality improvement	Essential	Interview
Special Working Requirements	Required to work Saturdays in term time.	Essential	Interview
	A Disclosure and Barring Service Check (DBS) will be required.	Essential	Interview

Please note, that it will not be possible for the Conservatoire to issue a Certificate of Sponsorship for successful candidate(s). Applicants will therefore need to be eligible to work in the UK or have limited leave to remain in the UK and associated right to work for the duration of their employment with the Conservatoire, in accordance with the Immigration, Asylum and Nationality Act 2006.

Conditions of Service Summary & Staff Benefits

Contract:	*Permanent, Hourly Paid, subject to a 6 -month probationary period.*
Hours:	*12 hours a week, including Saturdays in term time (up to 7 hours per day)*
Location:	*You will be based at the Laban building, Creekside on Saturdays. Other work can be undertaken remotely.*
Salary:	*Hourly paid / £43.11 per hour. Paid on the last working day of each month direct into bank or building society accounts*
Sick Pay:	*Trinity Laban operates the Statutory Sick Pay Scheme, and staff may be eligible for benefits in excess of this under Trinity Laban's own sick pay scheme.*
Pension Scheme:	*Competitive pension scheme.*
Staff Development:	*A range of Staff Development opportunities are available.*
Library:	*The Laban Library & Archive and the Jerwood Library of the Performing Arts are available for use.*
Car Parking:	*A limited number of parking spaces are available at the Old Royal Naval College and the Laban Building, subject to availability.*
Cafeteria:	*Our Cafeterias/Licensed Bars at both sites serve a range of hot and cold drinks and snacks.*
Events:	*There is a wide range of music and dance performances each week, many of which are free to members of staff.*
Classes:	*Free weekly staff Pilates class as well as reduced rates and access to Adult Classes.*
Eye Care:	*Vouchers for eye tests are available for VDU users.*
Health:	*Reduced rates for Health services and access to the Cash 4 Health plan. Details are available from the Health Department.*
Cycle to Work:	*A cycle to work scheme is operated*
Give as you earn:	*A give as you earn scheme is operated.*

Information on Trinity Laban

Trinity Laban Conservatoire of Music and Dance is the UK's only conservatoire of music and contemporary dance. The unequalled expertise and experience of its staff, and its world-class facilities housed in landmark buildings, put Trinity Laban at the forefront of vocational training in music, musical theatre, and dance.

Our history goes back to 1872 with the founding of Trinity College of Music in London. Trinity College of Music merged with Laban (founded in 1946) in 2005 to create Trinity Laban, now home to a creative and cosmopolitan community of students, teachers and researchers from around the globe.

We have a reputation for innovation and forward-thinking and are focused on training students for life-long careers in our art forms. Each year we welcome over 1,000 students from over 60 countries to follow undergraduate, postgraduate and research programmes. Thousands more people enjoy music, dance and health activities as part of our lively performance and outreach programmes.

Our unrivalled roster of teaching staff includes respected academics, performers, composers and choreographers. Many of them are active researchers who push at the boundaries of their art forms and extend our understanding of artistic and educational practice. We also welcome leading visiting artists, ensembles and companies from around the world, so our students benefit from working directly with today's top performers.

We work in a number of outstanding locations, including the 17th-century Old Royal Naval College at Greenwich (a World Heritage Site), the Stirling Prize-winning Laban Building in Deptford, and the magnificent Grade II listed Blackheath Halls. Our world-class facilities include state-of-the-art practice rooms and dance studios, flexible performance spaces and internationally famous libraries. Students also have access to the cultural wealth of London and regularly perform at its leading venues. **To find out more, visit www.trinitylaban.ac.uk**