

# LAUREN CHARNOW

PERFORMING ARTS INSTRUCTOR

## CONTACTS



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## ABOUT ME



As a seasoned performing artist and educator, I bring a wealth of experience in crafting and executing innovative theater and circus programs that captivate audiences across all age groups, adults included. My expertise lies in orchestrating memorable performances, underpinned by outstanding communication abilities and a flair for creative problem-solving. I am recognized as a versatile leader, equally adept at steering projects solo or as part of a collaborative team. My track record also includes the successful programming and revitalization of community institutions, enhancing their efficiency and inclusivity.

## EDUCATION



### BACHELORS OF ARTS

Skidmore College | Saratoga Springs

2015

- Specialized in Dance Therapy and Drama Therapy within a self-directed Bachelor of Arts program.

### ACTING

Marymount Manhattan College | New York

2012

- Completed two years in a BFA Acting program.
- Mastered Diverse Acting Techniques

## SKILLS



Theater and circus arts instruction and performance

Aerial Silks Techniques

Aerial Silk Pedagogy

Mentoring and coaching

Program Development

## LANGUAGES



English

Icelandic

## COURSES



### CTF SOCIAL CIRCUS TRANSFORMATION PROGRAM

JAN 2018 - JAN 2019

### CIRCUS YOGA RING I

Circus Arts Institute

JAN 2017 - JAN 2017

### ICELANDIC DIPLOMA PROGRAM

Háskóli Íslands

SEP 2023 - PRESENT

### AERIAL RIGGING SAFETY

Hall Rigging Academy

JAN 2021

### HANGING ANALYSIS OF THE SHOULDER

The Circus Doc

OCT 2020

### CIRCUS THERAPY LEVEL 1

Circus Arts Institute

JUL 2017

### AERIAL INSTRUCTOR TRAINING

Circus Arts Institute

JUL 2017

### SLING/HAMMOCK INSTRUCTOR TRAINING

Spin City

NOV 2019

## WORK EXPERIENCE



AUG 2020

### FOUNDER, CEO, AND MAIN INSTRUCTOR

Kría Aerial Arts | Reykjavik, Iceland

- Spearheaded the creation and delivery of diverse circus arts curricula, encompassing aerial silks, handstands, partner acrobatics, and flexibility training for both children and adults.
- Innovated inclusive youth programs for ages 9-16, integrating aerial silks to foster a cohesive performance team and establish a recreational youth initiative.
- Directed and starred in 'GAME ON,' an engaging aerial performance, showcasing artistic direction and performance expertise.

AUG 2020

### FOUNDER, CEO, PERFORMER AND DIRECTOR

Silly Suzy the Clown | Reykjavik, Iceland

- Pioneered and delivered dynamic performances centered on language acquisition, diversity, and inclusion across Reykjavik's educational institutions and libraries.
- Crafted and facilitated tailored workshops aimed at fostering anti-bullying awareness and community building for both neurodivergent and neurotypical children aged 3-11, in collaboration with List Fyrir Alla and ASSITEJ Iceland Residency programs.
- Showcased talent in prominent Icelandic venues such as Harpa, Salurinn, and Tjarnarbio, and made notable appearances at esteemed events like Barnameningarhátíð and ASSITEJ Iceland Ungi Festival in 2021 and 2022.

APR 2022

PRESENT

### EDUCATION DIRECTOR, HEAD COACH

Hringleikur | Reykjavik, Iceland

- Spearheaded the Sunday Circus Program, fostering skill development in floor and aerial circus activities for children aged 7-15, while ensuring a secure and supportive environment.
- Acted as a pivotal liaison between parents and coaching staff, optimizing communication and program effectiveness.
- Mentored aspiring leaders, imparting educational methodologies to enhance the Sunday Circus Program's framework.
- Engineered educational workshops, expanding professional development for local and international circus artists.
- Orchestrated community events aimed at bolstering participation and inclusivity among circus professionals in governance.

MAY 2022

PRESENT

### PERFORMER

Sirkis Ísland | Reykjavik

- Delivered captivating aerial hammock performances as a clown in the 2024 Summer Tent Show, showcasing acrobatic prowess.
- Specialized as an Aerial Performer for high-profile gigs and large-scale events, demonstrating exceptional skill and showmanship.
- Engaged audiences as a Clown and Character Performer at local engagements, enhancing event atmosphere with interactive entertainment.

AUG 2021

SEP 2022

### MENTOR AND DANCE INSTRUCTOR

Skautalið Reykjavíkur | Reykjavik, Iceland

- Conducted weekly check-ins with skaters to monitor emotional well-being and strategize personal life balance with competitive skating demands.
- Facilitated motivational discussions to assist skaters in setting and achieving their personal ice skating aspirations.
- Enhanced skaters' performance skills and bolstered inner confidence for competitive events through targeted coaching.
- Developed and delivered comprehensive dance lesson plans tailored for ice skaters aged 7-20, focusing on technique and artistic expression.

DEC 2019

MAY 2020

### SILKS AND CIRCUS INSTRUCTOR

Wings Community Programs | Wilmington VT, USA

- Spearheaded silks and acrobatics workshops, effectively managing events for a middle school performance troupe.
- Imparted comprehensive circus arts education to elementary students, covering diabolo, juggling, silks, hula hoop, clowning, plate spinning, flower sticks, and acrobatics.
- Expertly orchestrated group games for large gatherings, facilitating smooth transitions and maintaining engagement for over 30 children.

SEP 2017

JUN 2018

### ASSISTANT DIRECTOR

EB Pediatrics Resources | Chicago IL, USA

- Developed and Implemented innovative therapy groups, integrating speech objectives with dynamic movement, circus arts, and socialization skills in collaboration with a speech therapist.
- Led children's aerial therapy classes, fostering physical and cognitive development.
- Managed client onboarding by coordinating intakes and efficiently organizing medical documentation.

JAN 2017

JAN 2017

### SHOW DIRECTOR, COACH, ADMIN ASSISTANT

CircEsteem | Chicago IL, USA

- Coaching for youth (4-18 years) in diverse circus arts such as aerial silks, acrobatics, juggling, still walking, unicycle, and diabolo, fostering skill development and confidence.
- Orchestrated the 2016 Spring Circus Show, scripting and managing a large-scale production featuring over 90 young performers.
- Developed and implemented a mentorship program targeting female empowerment for girls aged 10-18.
- Streamlined administrative operations through proficient handling of phone inquiries, email correspondence, and social media management.

JUL 2008

JUL 2015

### SUMMER SCHOOL TEACHER

Molly Stark Elementary School | Bennington VT, USA

- Crafted and executed innovative curricula focusing on self-esteem, nutrition, anti-bullying, and career goals through student-designed theatrical scenes.
- Fostered interdisciplinary learning by collaborating with peers to blend circus arts with academic objectives in lesson planning.
- Mentored and directed a performance piece for at-risk youth (ages 5-9), enhancing their academic engagement and self-confidence.

FEB 1992

JUL 2008

### PERFORMER, DIRECTOR, CHOREOGRAPHER

Peaches Place/Cornerstone Productions | Wilmington VT/ New Haven CT, USA

- Delivered captivating performances at Memorial Hall, honing stagecraft from early childhood through secondary education.
- Showcased vocal and dance prowess at premier venues, including Foxwoods and Turning Stone Casinos, alongside Equity performers.
- Conceptualized, choreographed, and directed innovative musical theater productions, exemplifying creative leadership.
- Created original choreography for new musical works, demonstrating artistic originality and versatility.