

## CV

Molly Tipping



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### Profile

Molly Tipping is a Somatic Practitioner and Educator with over 20 year's experience working in the field of Body-Mind Education and Optimisation.

Initially trained as a gymnast, Molly received a Bachelor of Arts (Dance) at the Western Australian Academy of Performing Arts and spent her professional years working across Australia, India and Germany including working with Daksha Seth Dance Company and Jan Ritsema. Molly went on to train in Pilates, Feldenkrais and Ideokinesis (sensory-imagery Techniques) and found a personal resolve to bring Moshe Feldenkrais's work on Anxiety to the public. This has allowed Molly to become an expert in somatic anxiety and to truly find her niche - marrying her dramatic arts background with her astute body-mind sensitivities.

Specialising in anxiety then led Molly to Embodied Consent – a somatic methodology designed to support individuals sense, interpret and trust their body's physiological cues so as to develop bodily autonomy and agency, and mature their communicate skills to build lasting consensual relationships.

Molly is warm, curious and passionate and this allows her to build strong rapport with students, clients and staff. She also possesses a versatility that allows her act in roles requiring observation, collaboration or leadership. She works mostly in supporting tertiary students and the general public but has also had the pleasure of working with professional dancers, actors, athletes and organisations including performers from WA Ballet, Sydney Dance Company, Co3, Lucy Guerin Inc and Chunky Move, as well as WAIS rowers and divers, national champion rock climbers, ultramarathon runners and the 2021 Olympic skateboarding team.

Molly is also a valuable thought leader and mentor teaching professional developments workshops as well as writing and speaking for various Magazines, Journals, Summits and Podcasts.

<b>Western Australian Academy of Performing Arts</b>	2004 - now
<i>Sessional Lecturer</i>	
Consent (Theatre and Performance)	2021 – now
Resilience Tools (Theatre)	2021 - now
Anatomy (Performance)	2020 - now
Movement Fundamentals (Performance and Theatre)	2019 – now
Performance Psychology (Contemporary Music)	2017 - now
Kinesiology (Dance)	2014 - now
Alignment (Dance)	2008 - 2017
Pilates (Dance)	2004 – 2013

#### Job description – Sessional Lecturer

- Write course outlines and content for BA and VET Students that meet the requirements of each departments needs.
- Create safe, enjoyable and open learning environments that are respectful of all abilities, ages, genders, races and religions.
- Deliver a comprehensive semester or year-long program that aims to maximise the students' ability to develop an embodied understanding of anatomy, alignment, movement efficiency, embodiment, anxiety and/or resilience.
- Work with the Heads of Department, and other lecturers as required, to assist with student's assimilation and integration.
- Prepare and present engaging class material - including power point presentations, individual hands on demonstration, creative tasks, games, work sheets, guided partner, group or solo exercises, and in class discussion and reflection.
- Assess student's assimilation of knowledge, through written essays, worksheets and in class presentations and write reflective, meaningful and informative semester reports.

#### **Testimonials**

*"Molly has been the most incredible teacher, and this is by far my favourite unit. Everything she taught was so interesting, and the way she taught the content was always in a way that made me feel supported and nurtured. Her calm nature allowed me to forget about the anxiety I had around my issues, which meant I could really focus on what I wanted to achieve during the year." EUTI Student feedback*

*"Molly is an amazing teacher. Her youthfulness and fun personality make this unit even more engaging and interesting. She has so much knowledge and so much care for us. I have immense appreciation and respect for Molly. Molly is such a magnificent, inspiring person" EUTI Student feedback*

*"Favourite theory class of my WAAPA life." EUTI Student feedback*

## **Tipping Motion and The Feldenkrais Method Studio**

2010 - now

*Owner, Director, Somatic Practitioner and Performance Coach*

Suite 1, 46 Angove Street, North Perth 6006

2020 - now

6 Cowle Street, West Perth, 6005

2015 - 2020

29 Florence Street, West Perth, 6005

2010 - 2015

### Job description – Private practice and group classes

- Assess an individual's functional and emotional ability through discussion, observation, hands on assessment, and movement.
- Use of hands (in Feldenkrais treatments) or voice led sensory-motor meditations to attune students, and clients to their bodies to assist in relaxing, healing, learning, skill development and presence.
- Create personally effective embodiment tools, movement programs and/or treatment plans to meet each individual's needs and wishes.
- Design and prepare relevant and engaging group classes that meets the needs of a wider populous and deepens a thematic topic over the course of a term or day.
- Collaborate, assist or guide other practitioners, organisations and institutions as required ensuring streamlined hand over, diversity of treatment plans and integration of learning to daily requirements.
- Monitor and record patients progress and modify program or treatment to assist with each individual's recovery, skill development and/or goals.
- Manage business including accounts, bookings, client communication, accounting and marketing.

### **Testimonials**

*"I had total confidence in you and the learning journey you were facilitating for me. You have made a huge difference to my life!!"* **Mike Slee, Teacher**

*"Molly is a wonderfully gifted facilitator through which the magic happens."* **Michelle Scarrott**

*"Molly doesn't miss a thing. Her detailed observation is staggering, and these post-session conversations are some of the most interesting discussions I've ever had around developmental psychology, physiology and trauma."*

**Karina Campbell-Sloan**

*"If you desire a deeper experience and a mature understanding of your life take Molly's class. Her playfulness, passion and command of the subject matter will enrich your life."* **Barbara Wolf, Tai Chi teacher**

*"Molly's classes are a rare combination of accelerated learning and exploration in a fun environment. Thursday mornings are a highlight of my week!"* **Cherise Haslam**

## Professional Development Trainer

The Feldenkrais Guild of North America	2021
The Feldenkrais Guild of WA, VIC and NSW	2015 - now
Australian Pilates Method Association	2015 - 2021
The Royal Academy of Dance	2014 - 2019

### Job description – Workshop facilitator

- Prepare course content for health and arts professionals' which fulfils a specific brief that meets the needs of the organisations clientele.
- Consider and collate relevant research that supports best practices in alignment with the brief.
- Design and co-ordinate a well-balanced workshop that unites theory and practice to meets the objectives for the course participants and allows for the most optimal learning outcomes.
- Deliver course material in an engaging and professional manner that respects and develops on the knowledge and experience of the course participants.
- Be responsive to course participant's questions and concerns and provide subjective and comprehensive responses that best meet their unique needs.

### Recent Courses include:

- Embracing Anxiety - Melbourne and Perth 2023, Sydney 2017,
- Emotional Fluidity – North America (online) 2022, Perth 2021,
- Five Ways Forward – Embodied Pathways Out of Anxiety – Melbourne (online) 2020
- Anxiety and the Body – Melbourne (online) 2020, Perth 2019
- Biology of Anxiety - Perth 2017 and 2018
- Neurological Considerations in Hands-On Settings - Perth 2017 and 2018
- Move Over Anxiety - Margaret River, Melbourne and Sydney 2017
- Stability, Mobility and Gait – Sydney and Melbourne 2018, Perth 2016

## Testimonials

*"I have been a Feldenkrais Practitioner for over 20 years and attended many advanced trainings but I have to say Molly's was one of the most inspiring and informative workshops I have attended. Molly has that magic blend of intelligence, inspiration, passion and lightheartedness."* **Margie, Feldenkrais practitioner**

*"Molly set up the workshop in such a way that I felt supported and could explore with her and fellow participants, the ways in which the Feldenkrais Method lends itself to working with people with high levels of anxiety."* **Grace Chapman, Feldenkrais Practitioner**

*Molly's teaching style is open, warm, genuine and full of an energy that is engaging, empowering & educational.* **Max Clancy-Lowe, Feldenkrais Practitioner**

*"Thanks again for the inspirational and thought-provoking workshop last week."* **Lynda, Pilates Instructor**

## **Education and Qualifications**

Intimacy and Consent Co-ordinator Intimacy Directors and Co-ordinators - IDC Professionals	2022
Consent Educator School of Consent	2021
Certified Feldenkrais Practitioner Feldenkrais Guild of Australia	2011
Ideokinesis Teacher Training and Mentorship with Pam Matt	2004
Pilates Instructor Polestar International, Training and Mentorship with Gillian Cornish (2000)	2004
Bachelor of Arts (Dance) Edith Cowan University, WA Academy of Performing Arts	2002

## **Past Employment - other**

Pilates Instructor, Ideokinesis Teacher, Arts Panellist, Board Member, MC, Summit Producer, Events Manager, Dancer, Choreographer, Dance Teacher, Receptionist, Insurance Broker, Waitress and Childcare.

## **Additional studies and influential PD**

Embodied Equity with <u>Dr Niki Elliot</u>	2023
Indigenous Intimacies <u>with Zoe Burke</u>	2023
Mental Health First Aid (ECU)	2022
Culture and Pain with <u>Stephen Morrison and Shemaiah Holness</u>	2022
Pain Impedes Performance with <u>Lorimer Moseley</u>	2022
Trauma Skills Certificate with <u>Albert Wong</u>	2022
Inclusive Learning Practices (ECU)	2022
Infusing Aboriginal Content and Perspectives (ECU)	2021
Urban Tantra with <u>Barbara Correllas</u>	2019
The Emotional Body with <u>Lavinia Plonka</u>	2018
Polyvagal Theory in Clinical Practice with <u>Dr Stephen Porges</u>	2018
Infant Reflexes with <u>Evonne Bennell</u>	2017
Embryology and Developmental Movement Patterns with <u>Bonnie Bainbridge Cohen</u>	2017
Full Body Fascial Dissection at UWA with <u>Jason Kiely</u>	2016
Transcending Pain with <u>Adam Cootes</u>	2015
Franklin Method with <u>Mortimer Dithmer</u>	2014
Hatha Yoga training at IndeaYoga, Mysore, India	2003
Remedial Massage at The College of Natural Therapies, Perth	2001

## CD Production/Authorship

Move Over Anxiety – Feldenkrais Audio Series 2012  
(Co-authored with Brigit Cosgrove)

## Summit Interviews and Podcasts

Consent – ASTA Association - Online Series 2023  
Consent – The Pilates League - [Podcast](#) 2023  
Anxiety – Feldenkrais North American Guild - [Podcast](#) 2022  
Emotions - Moving into the Unknown - [Podcast](#) 2022  
Trauma – International Feldenkrais Summit - Online Summit 2021  
Anxiety – Moving into the Unknown - [Podcast](#) 2020  
Resilience – Australian Feldenkrais Guild - Online Summit 2020  
Anxiety – Australian Feldenkrais Guild - Online Summit 2018

## Article Authorship

*Why lying down is an artistic superpower – Interview with Jo Pickup – [ArtsHub](#)* 2022  
*Grounding is a (noun) - [American Feldenkrais Journal](#)* 2021  
*Anger, Love and Learning - [American Feldenkrais Journal](#) – Members only* 2020  
*Anxiety and the Voice - [Australian Voice Association Journal](#)* 2017  
*Core Mobility – Interview with Nina Levy - [Dance Australia Magazine](#)* 2017  
*Feldenkrais for Children – Interview with Jo Pollitt - BIG Kids Magazine* 2015

## Hobbies

Watching the moon rise, cups of tea on my day bed, walking at night with my friends, sunsets at the beach, camping, nude swimming, snorkelling, yoga, bike riding, lying in a hammock all day, listening to radio national, op shopping, painting and of course dancing.

## Referees

**Sam Chester** (BA) (Stage) (Movement Director)  
(Acting) Head of Department, Theatre  
West Australian Academy of Performing Arts  
Wk: 6304 6630

**Dr Jeremy Neideik** (BA) (PHD)  
Head of Department, Performance  
West Australian Academy of Performing Arts  
Wk: 6304 2277

**Vanessa K Vance** (B. Couns.) (Grad Dip Art Therapy)  
Somatic Consent and Creative Therapist  
contact@vanessakvance.com  
Mb: 0427 968 385

**Dr Jo Pollitt** (BA) (MA) (PDH) (Post Doc)  
Artist and Forrest Fellow  
j.pollitt@ecu.edu.au  
Mb: 0407 473 241