

BE THE NEXT HER

A MODERN-DAY CAREER BLOG FOR WOMEN, BY WOMEN

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Chan Hon Goh, Director of Goh Ballet Academy (Former Principal Dancer with The National Ballet of Canada)



Chan Hon Goh is the Director of [Goh Ballet Academy](#) + [Youth Company Canada](#) (Former Principal Dancer with [The National Ballet of Canada](#))

What is your morning routine?

The first thing I do when I get out of bed is to have a glass of water. It's a must no matter where I am in the world and then the routine is very much dependent on what I have lined up for the rest of the day but hopefully I am able to build in my ten-minute standing Pilates routine prior to getting out of the door. I function much better if I have a cup of coffee as well!

Tell us about your career path

I was a former Principal Dancer with [The National Ballet of Canada](#) for over 15 years. Currently I am the Director of [Goh Ballet Academy and Youth Company Canada](#). My career started when I was in my late teens when I won awards at several international ballet competitions. Being recognized at that early age I was given the encouragement and vote of confidence to pursue my passion and be the best dancer that I could be. Within my professional stage career, I have been fortunate to have performed with some of the world's leading dance companies and to have worked with incredible choreographers who have made tremendous impact on my artistic development.

What challenges do you or women face in your industry?

Perhaps this is not specific only to the dance industry, but there is definitely a high level of competition for dancers especially for female dancers because there are always more females than males. As a female Director, I feel an added level of having to justify my ideas in some ways but in fact this sensitivity has only propelled me to try to execute my vision better.

What advice would you give to young girls who want to be the NEXT you?

Don't be afraid of hard work! And don't be fooled by the outward image. There is tremendous amount of constant learning in the journey of a dancer where one must put their ego aside to attain the desired outcome.

How do you separate work life from your personal life?

I have never thought of my work as truly my work because it's a part of who I am and I think sometimes people may think of this as being not a good balance, but as a dancer it dictated how I managed my other activities with my priority on what was needed for performance. Now that I am not performing anymore, I tend to structure my time with a lot of flexibility so that I am able to commit what is needed of me for the activities of the programs that I run and to make sure that I have quality time, and I believe this word needs to be stressed that it is quality time when I'm with my family and my loved ones.

What inspires you?

First and foremost I get a lot of my inspiration from the people around me and I am fortunate to be surrounded by people who continue to inspire me through their character. I also find a lot of my creativity quite unexpectedly so I'm very open to new input and exploring conversation and environments that are not part of my norm.

When you're off the clock, what are your indulgences?

I like to think about nothing. I think we should allow ourselves to think about nothing and that's when you might get some pleasant surprises! I really like to plan to do nothing when I'm off the clock.