

FOR IMMEDIATE RELEASE

## Masterclass with Ballet's Chan Hon Goh Offers Message of Resilience for 2021

### *Pandemic Affecting Dancers' Mental Health but Goh Says Ballet Can Help Young People Focus on the Future*

**Vancouver, B.C. (January 14, 2021)** – Chan Hon Goh C.M. D. Litt., Canada's very own Prima Ballerina, brings her ballet expertise to 18 Canadian cities virtually this year, to spread a message of mental resilience and hope in the midst of our shared pandemic experience.

Presented by the Goh Ballet Canada Society and RBC, the Canadian Masterclass Series with Chan Hon Goh is offered as interactive experience online to students aged 11 to 18, based on ages and years of classical preparation. It includes components on technical execution and performance artistry, and there will be dedicated time for participants to ask questions and learn from Ms. Goh's illustrious career. Those who attend also become eligible for elite scholarships; winners will be selected based on performance, output and ability as demonstrated during the class.

This prestigious opportunity for young performers to be mentored by Goh herself is one Goh feels is especially needed in our current situation, as youth bear the strain and stress of what is going on in the world. As the pandemic forces them to isolate and lock down, and feel much uncertainty in their lives, it can lead to a sense of self-doubt – especially in high-achieving youth who may already be prone to certain anxieties. Goh says that she can empathize and offer thought-provoking motivational strategies; her Masterclass series surges forward virtually this year, aiming to reinvigorate dancers' dreams and goals, and assist youth in building confidence, coping skills, and mental resilience through dance.

"I've been the high-achieving young person full of self-doubt, and I want to show these emerging artists how to weather the storm," said Goh. "The dedication and mental resolve it takes to persevere in dance is something we want to nurture and acknowledge, as they are skills that also help us in life.

"I want to offer these skills in combination with how to maximize dance training, especially now, as we are hopefully coming out the other side of the COVID-19 pandemic. We have to come out better on the other side, and we cannot waste the time we have now."

"As we continue to live through the most extraordinary crisis of our generation, the need to foster and promote confidence, hope and resiliency, has never been more critical for the mental health of our youth today," said **Martin Thibodeau**, Regional President – British Columbia.

“RBC in BC is honoured to support the world-class and awe-inspiring *Masterclass with Ballet’s* Chan Hon Goh, and make a meaningful difference in the lives of emerging Canadian dance talent.”

Goh is determined to tour virtually to provide an added layer of support to young dancers in good spirits, as the pandemic (hopefully) draws to a close. Amidst all the uncertainty, she says that performers can find their centre and feel stable and connected through their art. She also stresses that ballet can teach its dancers a lot about how to get through tough times.

“There is a vaccine, thankfully – but it’s not all back to the way it was, yet. So, I hope that I can demonstrate how ballet can give us focus, and purpose, and keep us moving forward until we get there,” said Goh.

Dancers can register for a Masterclass at [www.gohballet.com/programs/masterclasses](http://www.gohballet.com/programs/masterclasses). The participation fee is \$25, which includes class, the intimate Q&A session, and eligibility for the exclusive scholarships to be awarded after the series (valued at \$5,000 total). To maximize individual interaction and be mindful of having enough time for everyone, there is limited capacity, so dancers should register early.

### **Full Masterclass Schedule**

- ◆ **Sunday, February 7** | Toronto, Ottawa, London, Hamilton, Niagara on the Lake, Montreal
- ◆ **Sunday, February 21** | Saskatoon, Regina, Watrous, Winnipeg
- ◆ **Sunday, February 28** | Calgary, Edmonton, Whitehorse
- ◆ **Sunday, March 7** | Kelowna, Kamloops, Vancouver, Victoria, Nanaimo
- ◆ **Sunday, April 11** | Vancouver (in studio)

For more information, please visit <https://www.gohballet.com/programs/masterclasses>.

### **About Chan Hon Goh C.M. D.Litt.**

With an illustrious stage career of more than 20 years as Principal Dancer with the National Ballet of Canada, Goh is one of the most prolific artists of her generation. Her delicate lyricism and emotional depth personify the essence of numerous lead roles. Extending her reach and always advocating for the arts, Goh serves as a jury member for several international competitions. She guest instructs and sets choreography for some of the most renowned companies in the world and since 2009 has been the Executive Producer of Goh Ballet’s critically acclaimed production of *The Nutcracker*, a holiday tradition in the City of Vancouver. A founding member of Vancouver’s Arts and Culture Policy Council, she has also been awarded the Queen Elizabeth II Diamond Jubilee Medal, the YWCA Women of Distinction Award, the New Pioneers Arts Award and the Best Teacher Award at the World Ballet Competition as well as the Youth America Grand Prix. She is the recipient of an honorary degree from UBC and a member of the Order of Canada.

## About Goh Ballet

Since 1978, Vancouver, Canada has been home to Goh Ballet, a vibrant, innovative and diverse dance organization. Following the vision of its founders while expanding on current artistic aspirations, Goh Ballet pursues technical and artistic excellence while raising cultural awareness in our communities through dance instruction and performance productions. Under the Directorship of Chan Hon Goh, former Principal Dancer of The National Ballet of Canada since 2010, Goh Ballet is synonymous with excellence, training talent and fostering the presentation of classical ballet. It provides extraordinary opportunities for dancers to reach their full potential, while contributing to the artistic well-being of our city and country. At the forefront of the arts community, Goh Ballet has been invited to perform around the world including tours to the People's Republic of China, Hong Kong, Malaysia, Japan, France and the US.

## About RBC

Royal Bank of Canada is a global financial institution with a purpose-driven, principles-led approach to delivering leading performance. Our success comes from the 86,000+ employees who leverage their imaginations and insights to bring our vision, values and strategy to life so we can help our clients thrive and communities prosper. As Canada's biggest bank, and one of the largest in the world based on market capitalization, we have a diversified business model with a focus on innovation and providing exceptional experiences to our 17 million clients in Canada, the U.S. and 34 other countries. Learn more at [rbc.com](http://rbc.com).

We are proud to support a broad range of community initiatives through donations, community investments and employee volunteer activities. See how at [rbc.com/community-social-impact](http://rbc.com/community-social-impact).

## Media Contact

For interviews, photography, and videography requests, please contact:

Sarah Yu  
Publicist  
(778) 239-7676  
[pr@sarahyu.com](mailto:pr@sarahyu.com)

Jeff Taylor  
Director, Communications  
RBC Royal Bank  
[jeff.taylor@rbc.com](mailto:jeff.taylor@rbc.com)

*The Chan Hon Goh National Masterclass Series is proudly presented by the Goh Ballet Canada Society and RBC.*

