

DANCING TO A NEW BEAT: SHIFTING THE DIALOGUE IN MENTORING TO A MORE HOLISTIC APPROACH IN THE CARIBBEAN

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Abstract: *The purpose of this research is to reflect on the importance of a whole-body, holistic approach to the act of mentoring. In addressing what makes a good mentor and/or what are some best practices and strategies of mentoring, the author makes a connection between what we can learn from dance pedagogy in order to shift understandings of mentoring within a Caribbean context. The techniques and benefits of dance might offer ways to approach mentoring that take into consideration bodily effects and mind, body, and spirit connection. Dance, in particular somatics, can be used as a tool for creative expression and healing, in which the practices of both can assist in pursuing mentorship more holistically.*

Keywords: *dance; mentoring; holistic; somatics; Caribbean*

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