

REGIONAL DIRECTOR BIOGRAPHY

Steph De'Ath

North London Region



Stephanie enjoyed studying dancers' health and well-being throughout her professional contemporary dance training at Middlesex University (London) which subsequently led to studying the MSc Dance Science at Trinity Laban (London) and then qualifying as a soft tissue therapist from NLSSM (London) before going on to complete a Postgraduate Certificate in Academic Practice at Canterbury Christ Church University (Kent). Stephanie was previously Manager of the National Institute of Dance Medicine and Science (NIDMS) and has been a lecturer in Dance Science at UK universities and vocational dance colleges. Stephanie is now Head of Student Welfare at London Studio Centre, a dance-specialist soft tissue therapist and Senior Tutor at NLSSM. Stephanie has a keen interest in injury epidemiology and has previously presented at IADMS, winning the Student Travel Research Award and has been an IADMS member since 2013. Alongside work, Stephanie volunteers as Chair of the IADMS Development Committee and London Regional Director for the Sports Massage Association.