

Julia deGruchy

Experienced entertainment professional and developmental educator

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RELEVANT WORK EXPERIENCE **Denotes Current Employer*

***Bubbles Academy, Chicago — Arts Integrated Early Childhood Development Educator**

I teach a variety of arts-integrated parent/child classes and CPS enrichment for children age 0-4 to promote healthy sensory, motor and emotional development. These classes are meant to strengthen the bond between a child and their primary caregiver, while teaching the adults how to gently facilitate their child's development, curiosity, ingenuity and autonomy.

***Aloft Circus Arts, Chicago — Aerial & Circus Arts Instructor, Expressive Arts Facilitator**

I lead trapeze classes for adults, with an emphasis on body awareness, mobility and anatomy. I scaffold each class to fit the people in it after checking in on their emotional and physical well-being. I also teach circus arts to children ages 4-6 and 7-12, incorporating vestibular and proprioceptive exercises to help their gross motor development and body awareness, as well as employing Social Emotional Learning techniques to build positive relationships.

In addition, Aloft has hired me as an Expressive Arts facilitator for their Professional Training Program students. I have facilitated visual art, movement and writing with them addressing the "Inner Critic" and how it impedes the creative process in their act creation.

***Misericordia Heart of Mercy, Chicago — Sing Along Host & Performer, volunteer**

Resident Events staff selected me to host the sing along nights for residents. I prepare songs they request and repeat what they love, accompany myself on the ukulele and dance with the residents. I've been brought back to perform on other event nights like Disco Show and Circus Night.

Get a Grip Trapeze (Formerly TSNY), Chicago — Aerial Instructor

I led open level trapeze classes for adults, emphasising body awareness, mobility and anatomy. Since the classes are open level and drop-in based, I would have a variety of ages, skill and strength levels join my classes, so I engaged in an adaptive style of teaching, bringing a buffet of options to the class so each participant could choose what worked best for them.

PlayMakers Laboratory, Chicago — Company Member

I have been a part of the ensemble that goes to CPS schools to teach narrative writing skills and encourage students to tell their original stories as a mode of personal expression. Towards the end of the school year, PML members like myself would gather these stories and bring them to life in a sketch-like format to perform for each school.

The Music Playhouse of Chicago, Chicago — Music Teacher

I taught music to children ages 0-6 and their caregivers to foster independent music accuracy. Their learning is engaged through props, instruments and movement, as well as showing caregivers how to model music making for their child at home. I also conducted rounds and tonal/rhythmic pattern repetition to help everyone develop their pitch and rhythmic skills.

The Stage School, Park Ridge, IL — Drama Instructor

I taught drama basics weekly to children ages 6-14 through improv and collaborative games, script readings and scene creation. Throughout the session, we worked with specific scenes from classic shows, and I directed them for a final revue style production.

Wilmette Parks and Rec, Wilmette, IL — Circus Program Director

I collaborated with the Parks and Rec district to develop a youth circus program for the summer. I developed and taught workshops, and created a summer camp curriculum for children ages 7-14. There was no aerial rigging capability in the building, so these were all general circus skills such as juggling, tumbling, hula hoops & clown.

SKILLS

Adaptive Education Planning
Group/Classroom Management
Developmental Scaffolding
Social Emotional Learning
Time Management
Project Management
Critical Consciousness

STRENGTHS

Curious & Perceptive
Emotionally Intelligent
Creatively strategic
Reliable & Objective
Empathetic
Communicative
Resourceful

INTERESTS

Therapeutic Arts
Socio-Political Art Activism
Community Arts
Psycho-Somatic Connections
Health & Wellness
Relational Cultural Theory

CircEsteem, Chicago — Circus Instructor

I taught aerial and general circus skills to children ages 5-17 during CPS after school activities. I also led circus instruction during birthday parties & EMBARC programming. CircEsteem uses Social Emotional Learning techniques to provide a supportive & inclusive environment for youth to develop confidence, body awareness and community empathy.

EDUCATION

Northwest Creative & Expressive Arts Institute; Facilitator Training Program

Jan '25-Dec '25, Hybrid format with classes online and in-person training in Seattle

Sibel Golden, PHD, LMHC, REAT: Lead Instructor and Executive Director
Bobbi Kidder, MA, RDT/BCT: Personal mentor for drama therapy
Topaz Weis, REACE: Group mentor for ethics and facilitative adaption
Kyle Brandt-Lubart, LSCW/REAT: Expressive Arts in Community Transformation
Kim Atwood, MA, LPC, CST: Music Therapy in Expressive Arts

The Actors Gym Professional Training Program: Sept '19 - June '21, Chicago

Major/Minor: Duo Trapeze/Juggling

Adrian Danzig: Clown
Amanda Crockett & David Corlew: Trapeze & Duo Trapeze
Sylvia Hernandez-DiStasi: Tumbling, Corde Lisse
David Chervony and Cyril Rabbath: Juggling
Michel Rodriguez-Cintra: Modern & Cuban Dance, flying low technique, handstands
Flora Bare: Tumbling

The Wilma Theatre HotHouse Professional Training: February '18 & June '19, Philadelphia

Justin Jain: Theodoros Terzopoulos Technique
Blanka Zizka: Text analysis & Jean Renee Voice Technique
Jungwoong Kim: Contact Improv, Site Specific Dance, Contemporary Dance

The University of the Arts; BFA Musical Theatre: Graduated 2017, Philadelphia

Jenna Pastuszek: Jazz, Musical Theater & Pop Voice styles
David Jenkins: Music Theory & Ensemble Direction
Ernie Losso (studied with Sanford Meisner): Meisner Technique
Rosey Hay: Stanislavski Method
Linda Henderson: Piano & Musicianship
Amy Dugas Brown: Viewpoints Method & Rasa Boxes
D'Arcy Webb: Voice & Speech
Nancy Kantra: Ballet, Laban Technique; Rex Henriquez: Jazz; Peter Rios: Tap

REFERENCES

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