



+1-847-436-8020

ecarlins28@gmail.com

Chicago

SKILLS

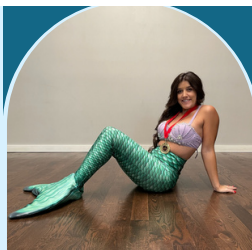
- * Quick learner and adaptable
- * Enthusiastic and approachable

CERTIFICATION

Certified Family Counselor

AUG 2021

- * Marlo Fisker
 - pole flow
 - Floor flow
 - Invert ready
- * Alex iman instructor mentorship program
- * S factor
- * Fabpole pole silks 1 and 2
- * Core power yoga 200hr
- * SDPDA pole training



Emma Carlins

Performer/entertainer/fitness instructor

A compassionate Family Wellness Counselor with a strong background in providing



PROFESSIONAL SUMMARY

- * I grew up as a competitive gymnast before moving into aerial and dance.
- * I started pole dancing, and quickly became an instructor. I always try to create a class environment that is silly, fun, and above all else, a place of acceptance. I now apply this environment to my daily life and any situation. I'm seeking out new opportunities and experiences and would love if that meant getting to work with you!

EXPERIENCE

- * tv and movie experience
 - the bear
- * 1st place for international pole competition
- * performances including pole, pole silks and group pieces
- * Pole dance, pole silks, yoga, flexibility, mobility and conditioning instructor
- * motion capture performer training
- * Train for Ukraine (1 week virtual classes to raise money) creator/producer/instructor
- * Galen hooks intensive
- * Helped produce multiple pole shows



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SKILLS

- * Pole/Pole Silks Performer & Instructor
- * Go-Go Dancer
- * Belly Dancer
- * Fire Dancer
- * LED Poi
- * Approachable & Adaptable
- * Quick Learner
- * Enthusiastic & Expressive

CERTIFICATION

- * Core Power Yoga 200 Hour TT
- * Marlo Fiskien
 - Pole Flow TT
 - Floor Flow TT
 - Invert Ready Coaching
- * Alex Iman Instructor Mentorship Program
- * Fabpole Pole Silks 1 & 2
- * S factor
- * SDPDA Pole Training
- * Galen Hooks GHM Intensive
- * Mocap Vaults Motion Capture Performer Training



Emma Carlins

Dancer • Entertainer • Fitness Instructor

A fun and playful performer with a strong background in teaching

A Chicago based dancer eager to seek out new opportunities



PROFESSIONAL SUMMARY

- * Grew up as a competitive gymnast before moving into aerial arts and dance.
- * Creating a fun, energetic, and welcoming environment for exploration and entertainment

PERFORMANCE EXPERIENCE

- * TV & Movie work
 - Stand In
 - Photo Double
 - Background Actor
 - Many Appearances from The Bear to Upcoming Feature Films
- * Event Greeter
- * 1st place for International Pole competition
- * Performances including Pole, Pole Silks, Dance both Solo & with Company

WORK EXPERIENCE

- * Pole Dance, Pole Silks, Yoga, Flexibility, Mobility & Conditioning Instructor
- * 1 on 1 Coaching & Private Training
- * Train for Ukraine (virtual classes to raise money) Creator/Producer/Instructor
- * Produced Suptiple Pole Shows
- * Taught Everyone from Little Kids to Grandparents



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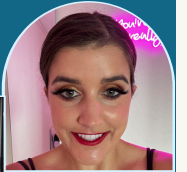
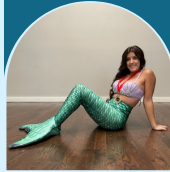
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Emma Carlins

Dancer • Entertainer • Fitness Instructor



PROFESSIONAL SUMMARY

- * Chicago based performer experienced in aerial arts and dance, with a background in competitive gymnastics.
- * Teacher dedicated to creating a fun, energetic and welcoming environment for entertainment and exploration.

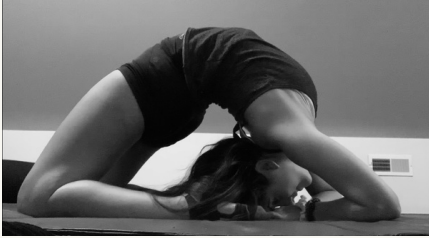
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WORK EXPERIENCE

- * Pole Dance, Pole Silks, Yoga, Flexibility, Mobility & Conditioning Instructor
- * 1 on 1 Coaching & Private Training
- * Train for Ukraine (virtual classes to raise money) Creator/Producer/Instructor
- * Produced Multiple Pole Shows
- * Taught All Ages from Little Kids to Grandparents

- Worked closely with pole professionals including phoenix Kazaree and Marlo Fiskien
- Trained flexibility with Gunnar t



Experience:

-Manager at pole studio-

-Train for Ukraine (1 week virtual classes to raise

-creator

-Producer

-Graphic designer

-Instructor

-tv and movie experience

-background acting

-the bear

-Chicago pd

-Chicago med

-Chicago fire

-deli boys

-emperor of ocean park

-power force

-Mr throwback

-and more upcoming tv/movies

- stand in

-Chicago pd

- Chicago med

-love language(upcoming feature film

- photo double work

-Chicago pd

• -I work hard to build body awareness

• -I like to have fun in class so exercise doesn't feel as hard/strenuous (making up games etc)

• -I want to help people find strength and beauty within themselves through artistry and movement

• -i think my enthusiasm will shine through

• -I'm very accepting and approachable

• -I've taken many workshops educating myself on

• -My favorite anatomy as it relates to movement
 • -My favorite performance I've done was an international competition i did with a mermaid tail and placed first.

• -While i love being a teacher i will forever be a student i love taking classes to further my physical

• Movement is a passion of mine and i am grateful to be able to share it health and knowledge

I am a quick learner and feel confident I can adapt to anything that is in demand.

I am a quick learner and feel confident I can adapt to whatever is needed.

- I also have my own stage pole and silks that can be brought to any event!

