



# Episode 74 – Noelle Rose Andressen – The healing power of dance

By [Leanne Mulcahy](#) | April 7, 2018



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## “Dance to me is revealing my soul”

When I first read about Noelle Rose Andressen and her life so far I wasn't sure I could prepare an introduction that would do her justice.

Her career and talents span far and wide. She is the Lead Female Dancer and Artistic Director of Rubans Rouges Dance Company, she's an Emmy nominated writer-producer, nominated performance artist of the year in 2012, EMA Media Award Winner, Winner of Women in Film as producer, she's an international performer, professional speaker, teacher and the author of the Dance Warrior Book Series, two of which we talk about in this episode.

The first in the series is 'From Cancer to Dancer' about how Noelle put her life back together after breast cancer to become a dancer again and the second, 'Red Ribbons – Shattered Innocence', about her grandfather sexually abusing her as a child.

Not only do these books share Noelle's story, her dance company perform these true-life stories to help encourage people who might be going through the same things.

Noelle is an advocate for women and children when it comes to sexual abuse, she's actively involved in breast cancer research and fundraising and a number of other community programmes.

All this and she's legally blind.

### In this episode Noelle shares

- How having an open heart and open mind enables her to better adapt when she's faced with challenges
- That no matter how difficult life feels, you are not alone. Someone somewhere has been through something similar.
- That everyone has a story. It's what you choose to do with that story that will determine how life goes for you.

Find out more about Noelle and [Rubans Rouges Dance](#) and follow her on Facebook <https://www.facebook.com/RubansRougesDance/> and Instagram [https://www.instagram.com/rubans\\_rouges\\_dance/](https://www.instagram.com/rubans_rouges_dance/)

## Words of Wisdom

Have different lenses that you can put on – try and see things from other people's point of view.

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Be patient – not only with yourself but with others. You never know what someone else has gone through.

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Really listen to what others have to share. Everyone has a story.

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