



Talia DeLeo

CHOREOGRAPHER

ST. PAUL, MN AND NAPLES, FL

taliadeleo.com

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ABOUT ME

My choreography combines psychology with dance, turning abstract feelings and concepts into visual media as a means of kinesthetic expression. The research I have conducted focuses on the most effective ways dance can be used to connect with viewers on a psychological and personal level, as well as how dance and choreography can be used as forms of therapeutic treatment. I aim to lead with both my heart and my mind to create works with a high level of sophistication, sensitivity, and soul.

EDUCATION

HARVARD UNIVERSITY

2021 – 2025

BA in Psychology, Theater,
Dance, and Media Secondary

BALLET CO.LABORATORY

2018 – 2021

Company Trainee and Pre-
Professional Student

ST. PAUL BALLET

2016 – 2018

Pre-Professional Student

TRIPLE L DANCE COMPANY

2015 – 2018

Competition Team Dancer

WORK EXPERIENCE

Choreography (Ballet Co.Laboratory, Harvard Ballet Company, American Swedish Institute 2021–2026)

- Creating conceptual pieces, working with composers and live musicians, movement phrasing, personalizing solo moments to the individual dancer
- Cleaning and refining timing, musicality, and technique, blocking and spacing onstage, coordinating/designing costume and lighting with designers

Dance Teaching (Harvard Ballet Company, 2021–2025, Dance Arts by Maria, Summer 2026, Short Dance Studios, 2026–Present)

- Developing curriculum plans, personalizing corrections for the individual dancer, creating an encouraging, positive, healthy classroom environment

Assistant Dance Teaching (Visitation School, Fall 2025–Spring 2026)

- Pedagogical training in the Vaganova Ballet curriculum established at Visitation by Marius Andahazy, collaborating with director Anna Goodrich, teaching ballet history

Minnesota Representative for the Chicago School of Musical Arts (Fall 2025–Present)

- Establishing arts aftercare programming in MN schools, communicating with school staff, providing arts to students

Dance Competition Judge (Triple S Dance Competition, 2026–Present)

- Adjudicating dance pieces, awarding for choreography, musicality, and presentation, providing constructive feedback, evaluating dancers' technique, use of space, performance quality

“Beyond the Barre” Mentor (Harvard Ballet Company, 2025)

- Mentoring younger college students, helping explore various pathways in dance, researching summer intensives for college-age dancers, choreographic opportunities

Assistant Stage Manager (Ballet Co.Laboratory, May 2024 and 2025)

- Pulling drop lines from offstage, communication with stage manager, lighting, and sound designers

CHOREOGRAPHY

<i>whispered lightning</i> (2021)	Original Ballet Work by Talia DeLeo Ballet Co.Laboratory <i>Senior Showcase</i> Raspberry Island Pavilion, St. Paul, MN
<i>coastline</i> (2022)	Original Ballet Work by Talia DeLeo Harvard Ballet Company On Exhibition American Repertory Theater, Cambridge, MA
<i>haze</i> (2022)	Original Ballet Work by Talia DeLeo Harvard Ballet Company Illusions Harvard Dance Center, Cambridge, MA
<i>don't come looking for me</i> (2023)	Original Ballet-Character Work by Talia DeLeo Harvard Ballet Company With Love American Repertory Theater, Cambridge, MA
<i>knock on wood</i> (2024)	Original Ballet Work by Talia DeLeo Harvard Ballet Company Serendipity Harvard ArtsFirst Festival 2024 American Repertory Theater, Cambridge, MA
<i>knock on wood (short film)</i> (2024)	Original Ballet Short Film by Talia DeLeo Videography by Giselle Paulson Office for the Arts at Harvard, Cambridge, MA
<i>poised</i> (2024)	Original Ballet Work by Talia DeLeo Harvard Ballet Company Dawn American Repertory Theater, Cambridge, MA
<i>heartland</i> (2025)	Original Ballet Work by Talia DeLeo Selected Choreographer from Harvard Ballet Company for Harvard ArtsFirst Festival 2025
<i>Violet</i> (2025)	Original Ballet Work by Talia DeLeo Harvard Ballet Company Ephemera Harvard Dance Center, Cambridge, MA
<i>mirage</i> (2025)	Original Contemporary-Ballet Short Film by Talia DeLeo Videography by Giselle Paulson Jose Mateo Ballet Theatre, Cambridge, MA
<i>Winter Solstice</i> (2025)	Original Contemporary-Ballet Work co- choreographed by Talia DeLeo American Swedish Institute Winter Solstice Event American Swedish Institute, Minneapolis, MN

ADDITIONAL EXPERIENCE

- Research of Mental Health in Dancers, Theory of Mind in Watching Dance Performance, Dance across Cultures, and Watching Ballet as a Therapeutic Device (Harvard College)
- Dance experience in lyrical, contemporary, modern (Graham and Horton techniques), Flamenco, musical theater, jazz, character, improv, and ballet (Vaganova and Balanchine techniques)
- Childcare work
- Video editing experience
- Music editing experience
- Microsoft Excel experience
- Psychology Research Assistant (University of Minnesota)
- Elementary School Volunteer