Helena Sturm

Choreographer

Ballet and Dance Dramaturg



CONTACT

helena@sturm.dance
+49 173 89 27 066
Instagram: helena_m_r_sturm

REPRESENTED BY KANTTILA MANAGEMENT

info@kanttilamanagement.com
+49 172 642 6891
Arcisstrasse 43, 80799 München
Germany

01 / PROFILE

Biography

Helena Sturm has established herself internationally as a choreographer, dance dramaturg, and stage performer. Born in Augsburg, she received her diploma in Ballet, Contemporary Dance and Jazz Dance from the Iwanson International School of Contemporary Dance in 2015 and completed her studies in Theatre, Film and Media Studies at the University of Vienna in 2022.

As a choreographer, Ms. Sturm has created work for stage, musical theatre, and a range of interdisciplinary contexts. Her recent projects include Die Verwandlung for Staatstheater Augsburg and Theater Winterthur, directed by André Bücker, as well as Spamalot at Staatstheater Augsburg, directed by Anna Weber. Further choreographic work includes Mia bella Signorina at MuTh Wien, as well as independent works presented at Tanzart and Tanzart II.

Alongside her own choreographic work, Ms. Sturm has gained extensive experience as an assistant choreographer, with engagements at Landestheater Linz and Staatstheater Augsburg, among others, on opera, operetta, and musical theatre productions including La Traviata, Die lustige Witwe, Der Graf von Luxemburg, Kiss Me, Kate!, Evita, Jekyll & Hyde, Cabaret, and Der Mann von La Mancha. She has further worked as an Assistant Director at festivals such as the Lehár Festival Bad Ischl, and her background as a dancer, musical performer and stunt woman includes engagements at Deutsche Oper am Rhein, Bayerische Staatsoper, Theater Heidelberg, Theater Münster, Staatstheater am Gärtnerplatz, Oper Köln, Bregenzer Festspiele, and the Bayreuth Festival.

From 2023 to 2026, Ms. Sturm served as Director of Dramaturgy for Ballett Dortmund and NRW Juniorballett, where she worked on the staging and dramaturgy of productions featuring works by artists including Xin Peng Wang, Nadav Zelner, Tess Voelker, Jiří Kylián, David Dawson, Annabelle Lopez Ochoa, Edward Clug, Alexander Ekman, Marco Goecke, and others. She now continues her collaboration with Theater Dortmund as a guest dramaturg.

A central focus of Ms. Sturm’s work lies in the dialogue between choreography and dramaturgy. Her artistic practice as a dancer, musical performer and stunt woman combines movement-based creation, dramaturgical analysis, and a deep understanding of production processes across opera, ballet, musical theatre, and interdisciplinary stage work.

02 / PROFILE & TRAINING

Profile & training

Helena Manuela Roxana Sturm

PROFILE

- Former Director of Dramaturgy at Ballett Dortmund and NRW Juniorballett

- Freelance Dramaturg

- Freelance Choreographer

- Artistic Production Manager

- Principal Dance and Musical Theatre Coordinator at Kanttila Management



Photo: Leszek Januszewski

LANGUAGES

German	Native
English	Fluent
Spanish	Good working knowledge - B2

TRAINING

2025-present **Business and Labour Law**
LL.M. - FernUniversität Hagen

2016-2022 **Theatre, Film and Media Studies**
B.A - Universität Wien

2012-2015 **Ballet, Contemporary Dance and Jazz Dance**
Diploma - Iwanson International School of Contemporary Dance

03 / CHOREOGRAPHY

Choreography

SELECTED WORK

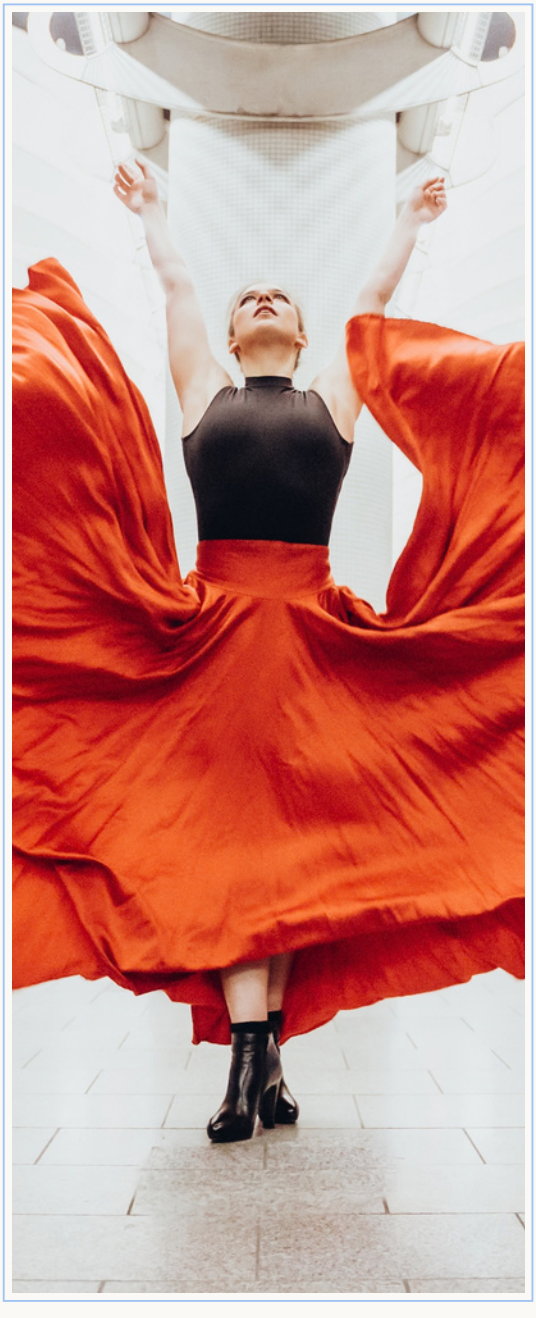


Photo: Jennette Nickel

2026

Staatstheater Augsburg / Theater Winterthur

Die Verwandlung

Regie: André Bücker

2026

Staatstheater Augsburg

Spamalot

Regie: Anna Weber

2025

N8stallung Augsburg

Showcases für Corporate Events

2022

MuTh Wien

Mia bella Signorina

Regie: Charlotte Leitner

2017

Tanzart II, Augsburg

2B set FREE

2015

Tanzart, Augsburg

Sunday Morning

04 / DRAMATURGY

Dramaturgy

SELECTED WORK

2027/28

Theater Dortmund

Freelance Dramaturg

To be announced -

Staged world premiere / premiere
Collaboration between the ballet and opera divisions

2023-2026

Theater Dortmund

Director of Dramaturgy - Ballett Dortmund and NRW Juniorballett

La Bayadère - Konzept und Dramaturgie, Choreografie: Xin Peng Wang

Drama Class - Dramaturgie, Choreografie: Nadav Zelner

get home safe - Dramaturgie, Choreografie: Tess Voelker

Productions by Jiří Kylián, David Dawson, Annabelle Lopez Ochoa,
Edward Clug, Uwe Scholz, Alexander Ekman, Douglas Lee,
Marijn Rademaker, Gaj Žmavc, Marco Goecke among others

2023/24

Staatstheater Augsburg

Freelance Dramaturg

Supermodified

Ballet - world premiere Choreography: Mauro Astolfi

2017

Volksoper Wien

Assistant Dramaturg / Researcher

Gypsy - Musical

Direction: Werner Sobotka, choreography: Danny Costello

Choreographic assistance

SSELECTED WORK

2019-2025 Staatstheater Augsburg

Die lustige Witwe The Show Must Go On! Kiss me, Kate! *La Traviata* *Herz aus Gold* *Evita*

2021/22 Landestheater Linz

Der Graf von Luxemburg

2015-2017 Musical Güssing

Jekyll & Hyde Cabaret Der Mann von la Mancha

Assistant Director / Co-director

2019 Lehár Festival Bad Ischl

Im weißen Rössl

2017 MUK Wien

Alcina

2011 Junges Theater Augsburg

Rico, Oskar und das Herzgebreche



Photo: Jennette Nickel

06 / DANCER & MUSICAL PERFORMER

Dancer / Musical Performer

SELECTED WORK

2025-2027 Deutsche Oper am Rhein

Carmen

2024-2026 Theater Heidelberg

Singin' in the Rain

2023-2025 Theater Münster

Carmen

2022-2024 Staatstheater am Gärtnerplatz

Candide

2020/21 Bayerische Staatsoper

Tannhäuser

2019/20 Hessisches Staatstheater Wiesbaden

Gräfin Mariza

2018/19 Oper Köln

Im weißen Rössl

2017/18 Bregenzer Festspiele

Carmen



Photo: Jennette Nickel

07 / LIVE ACTION & INTERNATIONAL EXPERIENCE

Live Action Performer

SELECTED WORK

2021-2026 Bayreuther Festspiele

Der fliegende Holländer

2024 Oper im Steinbruch

Aida

2023 Bayerische Staatsoper

Krieg & Frieden

2023 Oper im Steinbruch

Carmen

2018/19 Theater an der Wien

Jungfrau von Orleans

International experience

Bulgarien

Sofia
Stara Zagora

Österreich

Bad Ischl, Bregenz, Güssing,
Linz, Salzburg,
St. Margarethen, Vienna

Schweiz

Winterthur

Spanien

Barcelona, Fuerteventura,
Sevilla, Valencia

Südkorea

Hwaseong
Seoul

USA

New York