

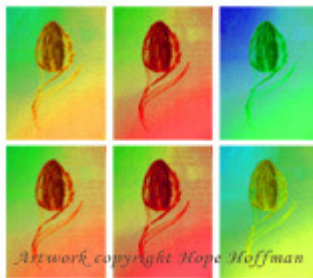
Are you working on a project that needs a better process?

Embrace & refine your unique creative process

in any setting – strengthen the ways it works for you.

Empower Your Process

Synergise Your Creative Strength



www.EmpowerYourProcess.org



Enroll in **custom-designed programmes**

Book **group workshops** for your community, library, retreat center

Schedule your **FREE 30-minute phone call**

Working with a mentor offers you insights, perspective, expertise and support from a dedicated mind and soul. Each person's process is absolutely unique, so we'll focus on discovering and designing a structure that works for you. My role is to nourish, expand and fortify your process: I'll lead us through lively conversations, research relevant literature, give expert advice, and custom-design your exercises and workbooks.

For over 15 years I've worked as a full-time freelance performer, composer, choreographer and teacher, specializing in coaching and collaborating, whilst presenting lots of solo performances and projects. My first degree was in creative writing and journalism, plus a minor and honors in cultural anthropology, and a minor in dance. Based in both the US and UK, I'm enrolled in a doctoral program at University of Exeter, UK researching transformational creative processes.