

www.EmpowerYourProcess.org

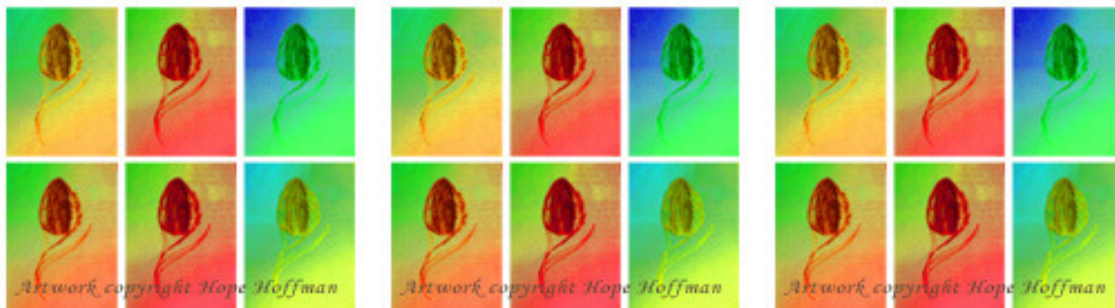


Custom-designed individual programmes

Group workshops & discussion groups

FREE 30-minute introduction by phone

Empower Your Process Synergise Your Creative Strength



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

**Embrace and refine your unique creative process
in any setting – strengthen the ways it works for you.**

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 solo performances and projects. My BA degree was in creative writing and journalism, with honors in cultural anthropology. Based in both the US and UK, I'm enrolled in a doctoral program at University of Exeter, UK researching transformational creative processes.