

# Creative Art Workshops:

*Show Me Your heART Workshops!*

## VISUAL ART:

Amy Oestreicher is a twenty-eight year old artist, actress, musician, orator and writer residing in Westport, CT. The fulfillment of her dream to act was shockingly interrupted when, at the age of eighteen, she suffered a blood clot that left her in a coma for months and unable to eat or drink for three years. Almost thirty surgeries later, Amy is still courageously fighting medical setbacks, and uses her painting and mixed media creations to transcend ten years of emotional and physical trauma. Her art demonstrates her journey into daylight and into a life of normalcy, which she is still traveling. As Amy's work has guided and inspired her, she is thrilled to share what art has taught her with her community.

Through mixed media art, Amy will help participants create their own unique masterpieces. Taking the time to "create" will become a naturally incorporated part of their lives, as they learn the art of improvisation – an essential tool in and outside of the studio. Workshops will embrace the beautiful messy "mistakes" and "detours" that all artists come across on their work, be exposed to a range of materials, and learn innovative strategies for conquering a blank page or empty canvas. As a self-taught artist, Amy will share her tips on silencing the "inner critic" and "can't" voices that often surface as we outgrow elementary school art classes. Art brings out the inner child in all of us, and brings out older, wiser, intuitive soul to life in color, fabric and design.

Rather than create copycat replicas and have one group project, participants will be given springboards and guided ideas to springboard their own creative journey.

Through brushstrokes and assemblage, participants will be empowered by their newfound abilities to create their own stories through their art – a story that is uniquely them, a story that only art has the power to bring to consciousness.

When people take time to be creative, they are stimulated, invigorated, energized and inspired. Experts and first-timer alike realize this when they start to create. In this creative flow, people will express their internal lives, while also engaging with others. Participants will walk away seeing like an artist and continuing to create as part of their everyday lives.

In these mingling and creating workshops, participants won't create copycat pieces, but rather create their own unique product – with a little help and plenty of springboards! All you need is some fearlessness and a paint-bucket full of "YES I CAN!":

With music, mingling and guidance you'll learn that anyone can be creative inside and outside of the studio. It's ideal for children's parties, company workshops, teambuilding, bridal showers, fundraisers, family get togethers, and much more.

Show Me Your heART is can come to you for parties of six or more.

The materials are provided, just bring your heart.

Amy will show participants how to channel their inner fearless kid painter, their adult insights, and the passionate creator in all of us.

Show Me Your heART is a mobile workshop with parties and classes offered at flexible hours. The materials are provided, and can be customized upon request.

To choose your workshop theme, contact Amy directly via her site.

These workshops can be collaborative, encourage teamwork and strategic thinking, as well as introspection and self-discovery. You'll even learn some painting techniques and terms! How you use them is up to you! Amy will introduce new materials such as spackle, gesso, embroidery, sketching tools, print-making tools, stamps, paints and various embellishments.

Each workshop centers around a specific theme that can be chosen and customized beforehand.

Amy specializes in acrylics, mixed media and collage. Her first solo art exhibit, Journey Into Daylight (Westport Women's Club) featured over 70 original works spreading her message of hope in the darkest of times, and the celebration of life. Since then, Oestreicher has mounted solo exhibits Discovery Museum, Temple Shalom, Picture This Gallery, and Ridgefield Tusk and Cup Fine Coffee. She has also participated in juried exhibitions at Blue Lemon, Beechwood Arts Gallery, City Lights Gallery, G & B Cultural Center, Carriage Barn's Art in the Windows, and Ridgefield Art Walk. and her show "Coming hoME, Finding heART honored the grand opening of the Prescott Tavern in Amherst, MA. Her work has also been featured in various boutiques such as Palooza in Fairfield CT, Hazel Daze Boutique and featured on NBC's Today Show with Kathie Lee and Hoda.

*"As a former patient, I know the healing power of art. My goal is to help others express themselves creatively to find their voice in difficult times and to recover their sense of self in uncertain circumstances. Creativity was my roadmap where there was none, my anchor when times felt uncertain, my lifeline back to myself, my way to express emotions too overwhelming for words, and an empowering tool to feel as though I were co-creating my circumstances along with the universe. With fun, tactile materials and open-ended ideas, I aim to inspire others with tools that enabled me to keep my spirit alive."*

Participants will also have the chance to continue the creative journey at home, keeping each other updated by pinning their latest creations on Amy's Show Me Your heART Pinterest Board!

<https://www.pinterest.com/amyoes70/show-me-your-heart/>

### **Art Therapy**

As a former patient, I know the healing power of art. My goal is to help others express themselves creatively to find their voice in difficult times and to recover their sense of self in uncertain circumstances. With fun, tactile materials and open-ended ideas, I aim to inspire others with tools that enabled me to keep my spirit alive while doctors kept up my physical health.

## **Mixed Media Fun**

With some easy and fun mixed media secrets, I'll show you how to create altered art that's uniquely you! Find your "a-ha" moment in artistic process, and live your heART!

### *Groups of all ages*

### *Private Workshops*

See an image on my gallery? Let me know what you like and this **self**-taught artist will teach you her-**self**...to find your own creative voice within your **self**.

## Writing Workshops:

Healing Workshops: The Power Of Words

Build Identity, Cultivate Compassion, Create Inclusion

Why Every Writer Needs the Power of a Personal Story How can the practice of writing from personal experience provide the tools needed to create stories that will reach an entire spectrum of individuals? Can one unique story create the empathy and commonality needed to draw an entire society together? Expressive writing has the power to transform our lives, shape our world, and drive a community ethos toward inclusion with the magic of one word: Detours. No one else can document the "detours" our own lives have taken, yet we've all experienced them. Once we choose to become the authors of our own personal stories and detoured pathways, we find our place in the narrative that unites us all, enabling us to engage our community in a vital conversation on how we view obstacles.

Access the power of the personal narrative, and turn life's many detours into a thrilling hero's adventure, inspired by the archetypal framework of Joseph Campbell's Hero's Journey. Writing not only reframes our own personal narratives. It transforms our individual life lessons into allegories that serve to empower an entire community with mastery over life's challenges. Participants need not be interested in penning a memoir, submitting an opinionated editorial or publishing a tell-all personal essay. With creative tools, tips and exercises, you'll discover how the ability to write from personal experiences expands your ability to reach a larger audience, no matter the genre, with the power of the universal stories waiting to be told.

Participants will:

- Create a personal narrative using the twelve steps of the archetypal hero's journey.
- Identify three tools to transform a personal narrative into a universal story.
- Develop two non-personal pitches that have stemmed from writing a personal story
- Analyze and interpret a critical theme that emerge from their personal narratives and apply this theme to a non-personal story
- Describe how themes from personal writing serve to impact different cultures and societies

Storytelling for Diversity Storytelling, since the beginning of time, has driven change, created movements, and launched careers. We all have the ability to change the world through our stories, through connecting to others on a deeply personal, universal level. Through using creative expression to tell our stories, we feel connection and similarity, yet can also define our own uniqueness and create our own heroic path. Writing from personal experience, when guided by an archetypal framework can bridge gaps of communication between different cultures, create compassion, and bring marginalized voices to the center. This workshop aims to bring people with various disabilities, ethnic backgrounds, sexual orientations and gender issues, together through personal stories that strive to answer:

- How do we create a community that supports every individual in their own process of selfdevelopment?
  - What is the benefit of sharing our words with others? What is the benefit of hearing the words of others?
- How do we heal when we start speaking up?
- How do detours affect everyone differently, yet bring us all together?
- How is resiliency is connected to personal power, empowerment and positive change?
- How do we build strength through shared knowledge, life experience, inner and outer resources to not only survive, but to thrive?

Through the transformative power of words, we feel heard, gain clarity and can problem-solve. As authors listeners choose to create and interact with these words, they engage in a vital conversation on how society views obstacles, tackling issues of diversity, equity, and inclusion both within and outside of of our field, preserving our own personal experiences while creating a vibrant community.

For Writers and Non-Writers Alike The goal of the workshop is to empower writers with the tools for bringing a diverse community together based on an individual story, so it is very welcoming for writers just starting off, midcareer writers who are seeing a new practice to reinvigorate their writing process, and for seasoned journalists aiming to reach a wider audience, in need of a new, innovative approach. These are skills that all writers need to focus their craft and engage their communities in a civic dialogue.

## Storytelling Workshop

Reframing Our Narrative: Turn Your Life into the Best Story You've Ever Read The spoken, sung and written word has the power to transform our lives, our community, shape our world, cultivate self love and compassion. Our stories transform our personal experience, enrich our community and teach others the lessons we have learned for ourselves. Through expressing our stories, we reframe the seemingly random events in our lives by stringing them into a singular narrative, making meaning in the process. Through sharing our stories, we embody our role as "author," as we both uniquely define ourselves and create empathy through our common threads. Learn emotional and persuasive power of telling an authentic story as an essential leadership, self-development and resiliency skill.

Turn Your Passion for Writing Into a Career “I went from journaling in a notebook from my hospital bed to writing for Huffington Post, Washington Post, Cosmopolitan, and over 70 notable publications in just a few years.” Learn the skills needed to turn your hobby into a career with invaluable secrets and practices to help focus your energy, hone your craft, utilize invaluable resources, and market yourself as a writer.

Workshops can be customized to each group setting. Contact Amy for more information.

Professional Testimonials and Reviews upon request