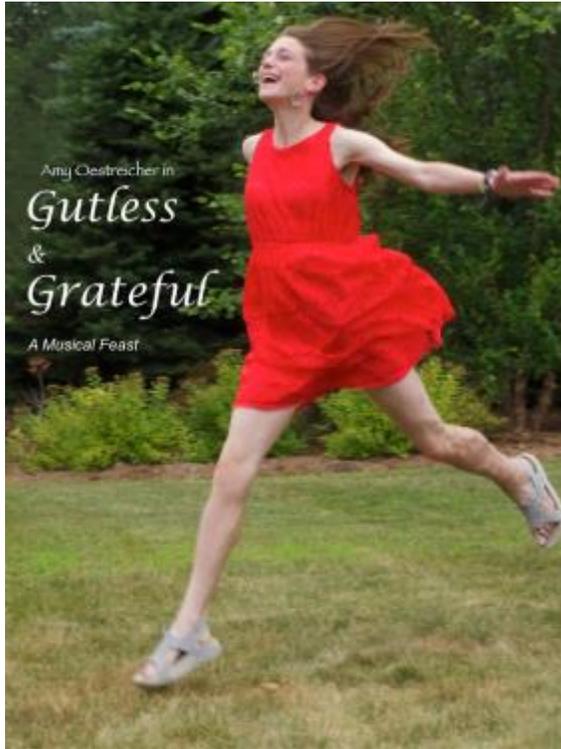


Gutless and Grateful: The Deliciously Inspiring One-Woman Musical

Written and Performed by Amy Oestreicher

Lost a Stomach...Gained a Story: www.amyoes.com/gutless



One bad stomach ache after noshing on a little too much matzah at Passover Dinner changed the course of my life forever.

I was your average teenage musical theatre ham, when, two weeks before my senior prom, a blood clot caused my stomach to explode, literally hitting the ceiling of the operating room. After both lungs collapsed, I almost died. When I woke from a coma, months later, doctors told me I had no stomach anymore, I couldn't eat or drink, and they didn't know if I'd ever be able to again. *(I'll let you "digest" that for a second.)*

Just when you think this is going to be a why me tragedy, I share the secret thriving through 27 surgeries and 6 of the past 10 years unable to eat a morsel of food or drink a drop of liquid: HUMOR. *(Sink your "teeth" into that!)*

I take audiences on an adventure of 42 field trips to the CT SCAN room, hitting on doctors, a surprise visit by William Finn at my very own high school graduation in the surgical ICU, and a song David Friedman and Kathie Lee Gifford wrote especially for me after being on The Today Show, all in a 70-minute musical comedy. *(Now that's a mouth-watering recipe for a hit!)*

The show has been a critic's darling for 4 years and a favorite of Jewish mothers all over, earning a NYC Bistro Award, Woman of the Year in 2014 and a Best Theatre Debut nomination by BroadwayWorld. I am also touring the show to conferences and colleges across the country, as a mental health and sexual assault prevention program, and presenting it for two TEDx Talks.

The story has been featured on CBS, Cosmopolitan, Seventeen, and more. This is no ordinary one-woman show, but an inspiring powerhouse production that leaves audiences in tears and laughing hysterically.

I've garnered a large loyal following from both my online presence and in-person engagements, and the show already has substantial property. Being a born musical theatre ham, I'd love to bring it to you. In the meantime, I'm off to grab a steak dinner. *(Now that, I'm serious about.)*

“One part moving testament to human indomitability, the other a thoroughly satisfying evening of song. While each element is strong enough to stand on its own, combined they illuminate and enhance each other. Rarely have I seen narration and song so artfully meshed, and Oestreicher’s likeability, good humor, interpretive skill, and manifest commitment to what she is saying and singing make us not only understand her story, but also feel it on a very deep level.”
-Roy Sander, critic for *BistroAwards.com*

Gutless & Grateful is the one-woman musical autobiography of Amy Oestreicher, taking her audience on a journey of hope, resilience and gratitude.



An inspiring story of survival and determination, **Gutless & Grateful** is ideal for audiences of all ages. The 70 minute performance can be customized for *fundraisers, support groups, hospitals, non-profit organizations, theatres, cabarets, schools, conferences, seminars, motivational speaking engagements, and special events*.

“Theatre comes down to amazing storytelling, and Amy Oestreicher has an astounding story to tell.”
-Broadway World

“Gutless & Grateful: A Musical Feast takes audiences on a musical journey of hope, determination, and perseverance as Amy Oestreicher shares her gratitude, her strength and her beautiful voice with the world.” – NightLife Exchange

“Gutless & Grateful: A Musical Feast” is a moving personal history told with grace and humor, and garnished with great songs sung from the heart.
-Paulanne Simmons (Times Square Chronicles)

SYNOPSIS:

Amy Oestreicher (*see bio [here](#)*) was an ambitious, audacious teenager who had her life all planned out: go to college, win a Tony, and conquer the world. But life took an unexpected detour when the week before her high school senior prom, she found herself in unusual pain. She was rushed to the emergency room, and due to a blood clot, Amy's stomach exploded to the ceiling of the operating room. After both lungs collapsed, she almost died.

Months later, she awoke from a coma covered in tubes, bags, and drains, and was told that she had no stomach anymore, she could not eat or drink, and it was not certain if or when she would ever taste one bite ever again. It took 27 surgeries and over three years, but eventually, Amy was miraculously reconstructed, and with the intestines she had left, was given a system that digests food.



Come for an evening of inspiring story-telling and song as she shares the disappointments, the triumphs, and the humor – the challenges, the battles, and ultimately the gifts of what Amy received from this experience. It is a story of hope, determination, and perseverance a way to share her gratitude and strength with the world. Through the ups and downs, Amy's fight proves that you never know what you are capable of until you are asked to the challenge and the human spirit can prevail over any odds.

“Amy Oestreicher not only shows us the power of the purest kind of perseverance, but she does so in song and dance, telling her astonishing story of surviving a daunting and lengthy medical nightmares without allowing her challenge to strip her of her dreams. She brings to life the transformative power of music, theater, dance, and storytelling along with many other arts to educate and inspire our souls as to what is possible. It was a privilege to have her perform her breathtaking one-woman show at the Power of Words conference.”

– Caryn Mirriam-Goldberg, Kansas Poet Laureate 2009-13, and founder of Transformative Language Art at Goddard College



Gutless & Grateful is family-friendly, inspirational programming that has been a critic's darling for years, and winner of **seven major awards**. It's an ideal **one-night-only event to fill a dark night**, with extremely minimal technical/space requirements and a flexible format, which can also include an **artist talkback** or facilitated Q & A.

I also lead various **performance masterclasses for all ages**, and offer a three-



component workshop for students, Mental Health Mindset: www.amyoes.com/student-mental-health

“Recently, Amy Oestreicher performed Gutless and Grateful, to a packed house at Hampshire College, framed around her remarkable life journey from teenage ingenue to survivor of trauma and countless complicated medical procedures and finally to a place of gratitude. The production, which received rave reviews in its off-Broadway debut, contains beautifully sung musical theatre numbers as well as honest personal narrative.

Gutless and Grateful was co-sponsored at Hampshire by the Theatre Program and the campus wellness center, a useful tool to talk to students about mental health issues and a powerful testament to the healing potential of the arts. Amy’s seemingly unlimited energy and enthusiasm is infectious.” – Talya Kingston, Visiting Assistant Professor of Theatre, School for Interdisciplinary Arts Hampshire College

Learn More about Gutless & Grateful

- Read [feature articles and interviews here](#)
- Read [reviews and accolades here](#)
- Read about [Gutless & Grateful in The Huffington Post](#)
- Get Interactive with a Gutless, Grateful [Workshop](#)
- Check out [past performances](#)
- Interested in the show for your theatre? View a [press kit](#)
- Inquire about rights to [perform the show independently](#)

For organizations interested in hosting a performance, view a [comprehensive guide](#) of the mental health and advocacy themes, and watch excerpts of the [talkback component](#).

Book Gutless & Grateful at www.amyoes.com/gutless

Customized Performances Available for:

- Patients and recovery
- Doctors, med students and healthcare professionals
- Students/College campuses
- Artists and creators
- Writers and storytellers
- Spirituality and Faith
- Survivors of Sexual Assault
- High School Students
- Trauma-informed programming for PTSD Warriors
- Corporate Events and Leadership

Booking History: Gutless & Grateful

Writer, Director, Performer of One-Woman Show: Gutless & Grateful: A Musical Feast

- Triad Theatre (October 2012, New York, New York)
 - o BroadwayWorld Award Nominee “Best Theatre Debut”
- Stage 72 (June 2013, New York, New York)
 - o Woman About Town’s “Woman to Celebrate”
- The Bijou Theatre (June 2013, Bridgeport, CT)
- Barrington Stage Company (July 2013, Pittsfield, MA)
 - o Part of “Mr. Finn’s Cabaret” series (personally invited by William Finn)
- United Solo Festival (New York, New York, October & November 2014)
 - o “Sold Out Top Pick” – awarded additional performance
- Transformative Language Arts Network “Power of Words” National Conference (Kansas City, MO, September 2015)
- Eating Recovery Center (October, 2015, Denver, CO)
- Hampshire College (November, 2015, and April 2016 Amherst, MA)
- Boston College (February, 2016, Boston, MA)
- Emerging Artist Theatre (March 2016, New York, New York)
 - o NYC Bistro Awards Top Pick
- Chenango Non-Profit Equity Theatre (Greene, NY, June 2016)
- Midtown Theatre Festival, New York (August, 2016)
- Transformative Language Arts Network (Sacco, Maine, August 2016)
- Metropolitan Room (NYC, February 2017)
- Statera Women and Theatre Conference (Denver, CO, October 2017)
- New York New Works Theatre Festival (NYC, August, 2016) *Semifinalist
- 54 Below/Feinstein’s (NYC, June 2017)
- John Drew Theatre, Guild Hall, East Hampton, NY
- Sheen Center, Bleecker St. NY with the SymphoNY Youth Chorus
- Pima Community College, South Tucson, AZ (April, 2017)
- Beechwood Arts, Westport CT, (December 2016)
- Governor’s Island, Art Kibbutz, NY (July 2016)

Gutless & Grateful has also been performed as a Keynote combining mental health advocacy and sexual assault prevention with Broadway Theatre at the following engagements:

Selected Engagements

- Keynote Speaker: Pacific Rim International Disability Conference, Honolulu, Hawaii, 2016
- Keynote Speaker: International School of Social Work Conference, Columbus, Ohio March 2018

Presentations

- American College of Surgeons Clinical Congress 2016 (Washington, DC)
- Association for Applied and Therapeutic Humor Conference
- Transformative Language Arts Network's Power of Words Conference, Kansas City, MO (Narrative Medicine)
- Eating Recovery Center, Denver, CO (Mental Health, Acceptance)
- Heart of the City: Turning Passion to Business (B:Hive, Bridgeport 2015) (Entrepreneurship)
- Mental Health America Annual Conference 2016, Alexandria, VA (Media, Messaging and Mental Health)
- New England Educational Opportunity Association 2016 (Sexual Assault)
- Transformative Language Arts Network, Sacco, Maine, 2016
- Great Comebacks Eastern Regional Recipient (Convatec) WOCN Conference, Greensboro, NC 2014
- Great Comebacks (Convatec) Eastern Regional WOCN Conference, Meriden, CT 2014
- Great Comebacks (Convatec) National WOCN Conference, Nashville, TN, 2014
- Wound and Ostomy Continence Nurses Society Annual Meeting, NJ, 2016
- Creator of Gutless & Grateful (Mental Health/Disability/PTSD Education performance), Presentations 2012-2016 Colleges Nationwide
- Expert/Features on NBC's Today, CBS, WNBC, News 12, Cosmopolitan
- Co-creator of medical workshops with Adam Blatner, MD
- League for Advancement of New England Storytellers Annual Conference
- Brockport College Diversity Conference (2016)
- Modern Femme Conference (Virginia Beach, May 2017)
- National Student Leadership Diversity Convention (NYC, October 2016)

College Mental Health Speaker/Advocacy Program *(selected colleges)*

- Hampshire College 2014
- Boston College 2015
- Central Penn College 2015
- Russell Sage College 2015
- Haverford College 2015
- Fulton Montgomery Community College 2015
- New York University 2016
- College of St. Benedict & St Johns 2017
- Licensed to regional monologue competitions and college theatre departments academic project

Selected Organizations

- Fairfield County Arts Association, Fairfield, CT
- National WOCN Conference, Nashville, TN

- Convatec Great Comebacks Awards, Greensboro, NC
- WOCN Eastern Regional Conference, New Jersey, November 2016
- TEDx Syracuse Glitch, April 2016
- Sharing the Fire (LANES Conference), April 2016
- Great Comebacks Awards, Meriden, CT
- Fairfield County Cultural Alliance
- Coastal Arts Guild “Make Art Monthly”
- Resilience and the Power of the Human Spirit, Westport, CT
- Youth to Youth International Leadership Conference (Bryant College, RI)
- NAMI Ending the Silence Presentations

Book Gutless & Grateful at www.amyoes.com/gutless

“Born with Broadway on her brain, Amy shares her inspiring journey through songs. Her song choices always illuminate her story and range. Toward the end Amy incorporates a song written for her by David Friedman and Kathie Lee Gifford (“Still Alive”) and a song written by her (“Lost in the Corner”). Through this amazing range of songs every emotion is beautifully illustrated.

Ms. Oestreicher is an engaging performer and, at the performance I attended, showed great poise when a recalcitrant computer made it necessary for her to deliver the two Sondheim selections a capella and, even though they are tricky (when is Sondheim not?), she delivered amazing performances. The audience was with her 100%, awed by her resilience in the face of adversity that would crush most people.” – *William Osner (talkinbroadway.com)*

“The message of Amy Oestreicher’s musical based on her personal experience is so heart-rendering. Generous applause filled the room as [her] voice hits a peak...admired for her spirit, resilience, and outlook.” – TotalTheater.com

HONORS / AWARDS

Women in the Age of Trump	NYC Playwrights	January 2017
Best Theatre Debut	BroadwayWorld	October 2012
The Singular Award Winner	Sarasolo Theatre Festival	January 2017
Therapeutic Humor Academy Scholarship	Assoc. Applied & Therapeutic Humor	December 2016
Women to Celebrate 2014	Woman Around Town	November 2014
Bistro Awards NY Top Pick	Bistro Awards	December 2015
“Post Traumatic Gifts”	Nat’l Initiative for Military Arts & Health	December 2016
Great Comeback Awards	Convatec National	September 2014
Manhattan Repertory Theatre Short Play Finalist	Manhattan Repertory Theatre	April 2016
Herstory Honoree	She Rocks MEDIA, Washington D.C.	January 2017
Top Creativity Writer	Medium	January 2017
Creative Arts Community Helper	United Way, CT	April 2005
Finalist, Original Musical Composition	Reflections Contest, Fairfield, CT	March 2005
Solo Debut “Top Not to Miss Pick”	AMNY	October 2012
Solo Performer/Playwright Finalist	New York New Works Theatre Festival	October, 2016
“Sold Out Additional Performance”	United Solo Festival	November 2014
The Perpetual You Inner Beauty Honoree	The Perpetual You	January 2016
Lower East Side Chronicles Playwright Finalist	Metropolitan Playhouse	March 2017
Caleb Reese Festival of New Plays Finalist	Phoenix Theatre	October 2016
Artist Honoree	Yale New Haven Smilow Gallery	December 2016

AUTHOR, GLOBAL SPEAKER, ACTRESS, ARTS ENTREPRENEUR, DETOURIST-OF-MANY-TRADES AND LOVER OF STORIES

“I learned that the human spirit feeds off of hope, and hope is fuel we can cultivate ourselves. Ultimately, I learned that with resourcefulness, creativity, and unwavering curiosity, we can transform any adversity into personal growth and a resilience that is uniquely ours.”



Amy Oestreicher is a PTSD peer-to-peer specialist, artist, author, writer for The Huffington Post, speaker for **TEDx** and **RAINN**, health advocate, award-winning actress, and playwright. As a survivor and “thrivor” of multiple traumas, Amy eagerly shares the gifts of life’s “beautiful detours” her educational programming, **writing**, **mixed media art**, **performance** and **inspirational speaking**. Amy has headlined international conferences on leadership, entrepreneurship, women’s rights, mental health, disability, creativity, and **domestic violence prevention**. She is a *SheSource Expert*, a "Top Mental Health" writer for Medium, and a regular lifestyle, wellness, and arts contributor for over 70 notable online and print publications, and her story has appeared on NBC’s TODAY, CBS, Cosmopolitan, Seventeen Magazine, Washington Post, Good Housekeeping, MSNBC, among others.

To celebrate her own “beautiful detour”, Amy created the *#LoveMyDetour* campaign, to help others cope in the face of unexpected events. Her passion for inclusion, equity and amplifying marginalized voices has earned her various honors, including a scholarship from the Association for Applied and Therapeutic Humor Professionals, the first annual SHERocks Herstory National Performing Artist Honoree, a United Way Community Helper award, and a National Sexual Education Grant honor. To creatively engage student advocacy efforts, Amy developed a trauma-informed program combining mental health education, sexual assault prevention, and Broadway Theatre for college campuses, organizations and conferences. She has designed a creative curriculum for "Detourist Resiliency," an outreach program taken to schools, hospitals and at-risk youth. She also has launched Detourist peer-led chapters on college campuses, Detourist creative arts workshops, and an online community to creatively fight stigma in society through storytelling. “Detourism” is also the subject of her TEDx Talk and upcoming book, *My Beautiful Detour*, available December 2017.

As the 2014 Eastern Regional Recipient of Convatec’s **Great Comebacks Award** and WEGO Health 2016 “Health Activist Hero” Finalist, Amy is a passionate voice in the ostomy community, founding the online community Fearless Ostomates, speaking for National and Regional WOCN conferences, and writing for the official print publication of the UOAA. Her presentations on alternative medicine, and patient advocacy and healthcare have also been accepted to international conferences on patient care, internal medicine, medical trauma and therapeutic humor in hospitals. She has devised workshops for the Transformative Language Arts Network National Conference, the Eating Recovery Foundation, the 40th Anniversary New England Educational Opportunity Association *Milestones* Conference, the Annual National Mental Health America Conference, 2016 *American College of Surgeons Clinical Congress*, and others. She was the 2016 keynote speaker for the Hawaii Pacific Rim International Conference on Diversity and Disability. and will be the featured keynote speaker at the 2018 *International School of Social Work Conference* in Ohio.

As a playwright, Amy has received awards and accolades for engaging her audiences in dynamic conversation on trauma’s effects on society, including Women Around Town’s “Women to Celebrate”

2014, BroadwayWorld "Best Theatre Debut," and Bistro Awards "New York Top Pick." Amy has written, directed and starred in a one-woman musical about her life, Gutless & Grateful, touring theatres, schools, festivals, conventions and organizations since it's 2012 New York debut. Gutless & Grateful is currently being licensed to students across the country for academic projects and competitions. Amy spent Fall of 2015 participating as a playwright and performance artist in the National Musical Theatre Institute at the world-renowned Eugene O'Neill Theater Center, where she helped to develop the full-length multimedia ensemble piece, The Greeks Are Trying to Tell Us Something, and was a writer, actress, composer and set designer for "Playwrights and Librettists" – a festival of 27 30-minute plays in five days. Her original, full-length drama, Imprints, exploring the physical and psychological impact of trauma, premiered at the Producer's Club in 2016, and is currently in development for a full New York production as Flicker and a Firestarter. Her short plays have been published by the Eddy Theatre Company and finalists in Manhattan Repertory Theatre's Short Play Festival, as well as NYC Playwright's Women in the Age of Trump.

Amy's collaboration with Beechwood Arts on the immersion salon, "Resilience and the Power of the Human Spirit", has traveled around the world to health and arts facilities as a public installation, incorporating her monologues, art, writing and recipes to express the life-altering detours and ultimately the invaluable gifts of her resilient journey. Amy is also an active artist and teacher in the Jewish community, being honored by United Way in 2005 for her music programs at Hollander House, completing artist residencies at Art Kibbutz, and delivering "Hope, Resilience & Biblical Women" keynotes for synagogues and religious schools. After studying Theatre of the Oppressed in her studies at Hampshire College, she helped to train ACTSmart, a Playback Theatre troupe in Amherst, MA. She is also a passionate arts education advocate, a successful mixed media visual artist, a continuing education studio arts teacher, and an active member of the League of Professional Theatre Women, League for Advancement of New England Storytellers, Fairfield County Cultural Alliance, Theatre Artist Workshop, and several art guilds throughout Connecticut and New York.

Amy is currently developing a multimedia performance project incorporate her original music compositions with the oral histories of her grandmother, a holocaust survivor with musical director David Brunetti. She is also working on a full-length play with music, LEFTOVERS with director and dramaturge Susan Einhorn, based on her life after the surgical ICU. She is leading mixed media creativity workshops to promote creativity as a mindset, an essential survival skill. Amy also offers creative coaching and consulting services help others navigate their own "life detours," and prides herself most on ending each night with a gratitude list. Amy is currently preparing for her second TEDx Talk this year at Virginia Commonwealth University on February 25th, 2017.

"Everything became possible once I was willing to intentionally wander from the life I planned and embrace this 'detour' as an opportunity for discovery. This is not the life that I planned for myself – but does anyone's life ever work out exactly how they plan it?"

Technical Needs:

- 1 audio cue
- Flexible venues: Performed for in classrooms for 15 students, and auditoriums of 1,000.
- With live accompaniment or pre-recorded tracks
- 1 performer!
- Two stools, a chair, if ya have. I spent years in hospitals – I'm very adaptable.
- Ideal for benefits, fundraisers, school assemblies, dark nights and one-night only events

Website: www.amyoes.com

LinkedIn: www.linkedin.com/in/amyoesh

Huffington: <http://www.huffingtonpost.com/author/amyoesh70-885>

TEDx Talk: <https://amyoes.com/tedx>

Phone: 203 209 4948

E-mail: amyoes70@gmail.com

Celebrating Life's Beautiful Detours



“Born with Broadway on her brain, Amy shares her inspiring journey through songs. Her song choices always illuminate her story and range. Toward the end Amy incorporates a song written for her by David Friedman and Kathie Lee Gifford (“Still Alive”) and a song written by her (“Lost in the Corner”). Through this amazing range of songs every emotion is beautifully illustrated.

Ms. Oestreicher is an engaging performer and, at the performance I attended, showed great poise when a recalcitrant computer made it necessary for her to deliver the two Sondheim selections a capella and, even though they are tricky (when is Sondheim not?), she delivered amazing performances. The audience was with her 100%, awed by her resilience in the face of adversity that would crush most people.” – William Osner (talkinbroadway.com)

See Gutless and Grateful in the press: <https://amyoes.com/category/my-show/features-interviews/>

In Huffington Post: <https://amyoes.com/2016/04/23/seth-speaks/>

In Backstage: <https://www.backstage.com/advice-for-actors/backstage-experts/how-theater-saved-my-life/>

Upcoming: <https://amyoes.com/events>

More interviews: www.amyoes.com/media

Follow Amy on Social Media for more!

www.facebook.com/amyoestr

www.twitter.com/amyoes

www.instagram.com/amyoes70

www.youtube.com/amyoes70



Hear Amy talk about Gutless & Grateful on TEDx: www.amyoes.com/tedx

And stay tuned for Amy's next TEDx Talk...live this summer!

Contact amyoes70@gmail.com for inquiries.