

Amy Oestreicher

*playwright, author, multimedia artist, actress, musician, educator, PTSD specialist
transforming adversity into creative growth*

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EDUCATION

HAMPSHIRE COLLEGE, Amherst, MA

Arts Degree with a focus on Playwriting, Theatre, Psychology, Expressive Arts

National Theatre Institute/Eugene O'Neill Theater Center, Waterford, CT, Fall 2016 (Instructors include: Rachel Jett, Kristen Childs, Scott Murphy, Jessi Hill, Forrest McClendon, David Jaffe) (20 Credit Hours in Directing, Playwriting, Design, Acting, Music, Movement, Song Composition, Stage Combat, Shakespeare and Voice)

How to Listen to and Understand Opera (Professor Robert Greenberg, Ph.D., San Francisco Performances, Great Courses)

NORWALK, COMMUNITY COLLEGE, Norwalk, CT

Courses included: Creative Movement for Children, Creative Writing Fiction.

GOTHAM WRITERS, New York, NY

Courses included: Playwriting, Humor Writing, Creative Writing, Poetry, Screenwriting

FAIRFIELD UNIVERSITY, Fairfield, CT

Courses included: Sculpture I, Abnormal Psychology, Theatre History, Consumer Fashion

Expressive Arts Therapies Training

Expressive Therapies Summit, NYC: Voice Dialogues, Authentic Movement, Psychodrama, DBT, Holistic Circus Therapy, November 2014, 2015

- Movement Therapy Training with Toni Bergins: Dance Kinetics, 2004 – 2011
- CANY (Creative Alternatives of New York): Drama Therapy and Trauma training
- NAMI Ending the Silence/PTSD Peer-to-peer Specialist

Acting: Patrese McClaine, Forrest McClendon, Richard Sabellico, Frank Root, Stella Adler Studio Shakespeare: American Globe Theatre with John Basil, Shakespeare and Company, Physical Theatre/Devised Performance and Improvisation (The Egg, Fiasco Theatre, Eugene O'Neill) Acting for Film: Weist-Barron Studios

Voice: Anne Tofflemire, Aimee Steele, Ivan Rutherford, Paul Elkin, Kevin Connors

Dance: Tap, Jazz, Ballet, Ballroom, Musical Theatre (Broadway Dance Center, Steps NYC) Butoh, Choreography, Authentic Movement

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	Pheonix Theatre	October 2016
Artist Honoree	Yale New Haven Smilow Gallery	December 2016

ART (*select juried and solo exhibitions, full list available upon request*)

Journey Into Daylight, Westport Women’s Club, CT
Bloom, Wendy Nylen’s Picture This Galley, CT
Over the Moon, Accupalooza, Fairfield, CT
Coming home, finding heART, Grand Opening of Prescott Tavern, Amherst, MA
Canvas Talk: A Forum of Dreams, Tusk & Cup Café, Ridgefield, CT
Canvas Talk: A Forum of Dreams, Discovery Museum, Bridgeport, CT
Art Immersion Salon: Resilience & the Power of the Human Spirit, Beechwood Arts, CT
Tree Dreams, Discovery Museum, Bridgeport, CT
Anything Goes, Ferguson Library, Stamford, CT
Mother’s Day Juried Competition, Hall-Brooke at St. Vincent’s, CT
Ridgefield Art Walk 2015, Ridgefield, CT
Art in the Windows, Carriage Barn Arts Center, CT
Beechwood Blue Gallery: Resilience, Beechwood Arts, Westport, CT
LIV Free, Sports Center of Connecticut, Shelton, CT
Artists in Paradise, Coastal Arts Guild, Stratford, CT
Smorgasborg, Scandinavian Club, Fairfield, CT
Mixed Media Art published in 100+ print and online publications including *Huffington Post*, *TimeOutNY*, *Conquer Magazine*, *Entropy*, *Topolpgy*, *NBC*, *Cargo Magazine*, *Bon Bon Media*

OPERA/PERFORMANCE (*selected*)

- ***La Boheme*** with The Connecticut Grand Opera, Palace Theatre, Stamford, CT
- ***Henry the 5th*** with Christopher Plummer, Shakespeare Festival Theatre, Stratford, CT
- ***Operatic Tribute to Broadway*** w/ Charles Strouse, Stephen Sondheim, Steven Schwartz, Palace Theatre, Stamford, CT
- ***An Evening of Music and Mental Health*** with New York Youth Sympony, Ridgefield, CT
- ***Fairfield County Chamber Choir Canadian Tour***, International Music Tour

PLAYWRIGHT (*full list available upon request*)

The Sky is Blue
Reading: Casa De Beverley: Short Play (March 2017)
Production: Short Play Finalist, Manhattan Repertory Theatre (May 2016)
Our First Family Dinner (Short Play Published in Eddy Theatre Directory, UK, 2016)
Reading: (Eugene O’Neill Theater Center, November. 2016)
The Greeks Are Trying to Tell Us Something: Musical (Eugene O’Neill Theater Center, Dec. 2016)
LEFTOVERS: Multimedia Drama with original score in development with director Susan Einhorn
Factory Treasures: Two One-Act Plays (Thespis Theatre Festival, NY, July 2017)

IMPRINTS: Full Length Drama with original music

Reading: Hampshire College, MA (April, 2015)

Staged Reading: Playlight Theatre Company (March 2017)

Staged Reading: Producers Club, NYC, (March 2016)

Resilience & the Human Spirit: Multimedia Arts Immersion Salon, Production & Tour, Beechwood Arts (May 2015-December 2016)

Playwright & Librettists Week: National Theater Institute (Eugene O'Neill Theater Center, 2016-2017)

Fibers: Oral History Play w/music (Hampshire College, Amherst, MA, March 2016)

Persephone & Me: Musical, Workshop (Blockheads Collective, March 2016)

Gutless & Grateful: One-Woman show performed nationally at 100+ venues

Writer, Director, Performer, Composer, Producer

- Toured as a mental health and sexual assault program to over 40 colleges nationwide, National Conference for Sexual Education Grant Honoree
- 8 NYC Productions including 54 Below, Metropolitan Room, The Triad (Oct. '12-Present)
- Headlined international conferences as a three-component trauma presentation and workshop, and three international keynotes
- Featured on TEDx, Huffington Post, NBC, CBS and Washington Post
- Headliner: Tony-Award Winning Composer/Lyricist William Finn's "Cabaret Series", Barrington Stage Co., MA, 2013
- Presented for nurses, clinical staff and healthcare professionals in nine National Conferences,
- Full show, and excerpts of original songs and monologues licensed to students to perform as academic projects and competitions in six states
- Featured in five international performing arts festivals

Monologues: NYC Playwrights (Finalist), International Women's Artist Salon, ONAir Radio

Intrusion: Original Solo Performance, Theatre Artist Workshop Fringe Festival, CT, 2016

THEATRE PERFORMANCE (*full list available upon request*)

Played lead or supporting roles in over 50 regional musical theatre and dramatic productions, including *Agnes of God*, *Agnes*, Pound Ridge Theatre, Company, NY

Anne Frank: The Diary of a Young Girl, *Anne Frank*, Pound Ridge Theatre, Company, NY

Fiddler on the Roof, *Tzeitl*, Center Stage Players, CT

Oliver!, *Nancy*, Curtain Call, Stamford, CT

Company, *Marta*, Darien Arts Center, CT

Playboy of the Western World, *Pegeen*, Fairfield Warde Players, CT

Les Miserables, *Eponine*, Island Lake Arts Center, PA

The Sound of Music, *Maria*, PA Players, CT

Into The Woods, *Baker's Wife*, Center Stage, CT

PERFORMANCE/COMPOSER & LIBRETTIST WORKS (*selected*)

- *Our Time Cabaret*, *Featured Soloist*, The Catskills, NY
- *A Night at the Palace*, *Featured Soloist*, Palace Theatre, Stamford, CT
- *This is ME: Original Compositions*, Denver Health Children's Hospital, CO
- *Jazz Vocalist*, various jazz venues throughout CT
- *International Artist Women Salon*, New York, NY
- *Fringe Festival* Theatre Artist Workshop, Norwalk, CT
- *StoryCollider* (Mistakes Were Made) Union Hall, Brooklyn, NY
- *Your Time to Shine*, *Featured Soloist*, The Bijou Theatre, Bridgeport, CT
- *Amateur Night at the Apollo*, *Soloist*, Apollo Theatre, Harlem, NY

- *Original Songs for Children*, Columbia Presbyterian Hospital, NY, Denver Children’s Hospital, CO

Writing/Publications: Staff Critic for BroadwayWorld, Huffington Post Columnist, Freelance writing including Backstage, Stage32, Prisonist, The Solo Performer, The TEDx Experience, Author of “My Beautiful Detour” (Memoir)

Regular Contributor to over 70 online and print publications including XO Jane, Washington Post, Backstage, Elite Daily, Miss Millennia, and The Mighty (full list of articles available), Author of memoir, “My Beautiful Detour”, meeting timely deadlines, writing, research, Medium “Top Mental Health” and “Top Creativity” contributor, editor of #LoveMyDetour online publication

Visual Art: Mixed media works displayed at over 50 juried exhibitions, galleries, museums, and public venues

Teaching: Mixed Media Art (CT Continuing Education), Music Together (Westport Schools, CT), Theatre Arts Masterclasses (Fairfield Arts Company), Write Yourself Alive Writing Workshops (Norwalk, CT) Playback Theatre Troupe for middle and high school students, creator of resiliency curriculum for Youth to Youth Leadership Conference and #LoveMyDetour Student Campus Chapters, Teaching Assistant, Acting at Hampshire College, dance instructor at Performing Arts Center of Connecticut

**Detailed teaching experience available upon request*

Residency: Playwright/Artist/Composer at Art Kibbutz, Governor’s Island, NY, 2016, involved educational outreach, arts advocacy, presentations, fundraising, volunteering and public speaking

Media: Interview Guest on over 40 podcasts on business, leadership, creativity, and arts management

AFFILIATIONS/COMMUNITY ACTIVISM MEMBERSHIPS

Theater Artist Workshop League of Connecticut; International Center for Women Playwrights; Coastal Arts Guild; Fairfield County Cultural Alliance; Ridgefield Arts Guild; League of New England Storytellers (LANES); League of Professional Theatre Women Regional Associate Member, New York Gotham Writer’s Workshop Member, Artemis Theatricals (as composer/lyricist), Founder of #LoveMyDetour, inspiring individuals to flourish not in spite of, but because of obstacles, Founder of the Online Community “Fearless Ostromates Thriving Together,” “Federation of Chronic Illness Bloggers”

ARTS ADMINISTRATION/ OTHER SKILLS

Marketing: Social media, creating newsletters, one-sheets, flyers, press releases, targeted campaigns, outlining strategies, business consulting

Computer Skills: Editing software, website/blog administration and graphic design, Powerpoint, Wordpress, Google Docs, MS Word, Excel, Garageband, CRM Task Management,

Communication: Fundraising, securing corporate sponsorships, audience development, public speaking

Management: Tour coordination, casting, producing, booking, working with third parties, creating contracts

Writing/Research: Literary management, Transcription, conducting interviews, creating invoices, contracts, freelance writing

Educational: creative pedagogy, arts integration, teaching artist, working with at-risk youth, creating curriculum and lesson plans

Misc. Theatre Skills: Casting, Set Design, Musical Composition, long-form storytelling, improv, physical theatre, emceeing, tap, jazz, ballet, ballroom dance

Leadership: Unbridled passion for teaching, coaching and mentoring others to overcome life’s many obstacles and to lead a rewarding and fulfilling life.

Social Action: Health Education, Patient Empowerment, Overcoming & Managing Disabilities, Coping with Trauma (i.e. PTSD, physical and emotional abuse), Sexual Assault Prevention, Alternative Medicine, Social Justice, Women’s Issues, and Establishing a Creative Mind Set.

SELECTED MULTIMEDIA PRESENTATIONS (list of over 80 nationwide venues available)

- TEDx Talks: TEDx Syracuse (New York, April 2016) and TEDx VCU (Virginia, February, 2017)
- Keynote Speaker: Pacific Rim Intl Disability Conference, Honolulu, Hawaii, April, 2016
- Keynote Speaker: International School of Social Work Conference, Columbus, Ohio March 2018
- “Creative Collaborations in Patient Care” American College of Surgeons Clinical Congress, Washington DC, January, 2016
- Performance Artist/Presenter: “Media, Messaging and Mental Health”, Mental Health America Conference, Washington DC., June, 2016/17
- “Mixed Media & Narrative Healing,” Transformative Language Arts Conference, Kansas City, MO, September, 2014
- Creative Hands-On Workshop: “Detourism: You’re On the Road” International Youth Leadership Conference, Rhode Island, April, 2016
- “Art, Meaning, and Faith-Based Resiliency” Columbia University, Jewish Orthodox Feminist Alliance, New York, January 2016
- Keynote Performance: Annual Benefit for Eating Recovery Center Foundation, Denver, CO, 2014
- Transformative Language Arts Network Annual Conference, Kansas City, MO, 2014
- National Student Leadership Diversity Convention NYC, October 2016
- Mental Health America Annual Conference, Alexandria, VA, June, 2016
- 40th Anniversary New England Educational Opportunity Association Conference, MA, 2016
- 5 Wound and Ostomy Continence Nurses Society Annual National/Regional Conferences, 2013-2016
- Keynote Speaker, “Take Back the Night” Pima Community College, April 2017
- Co-creator of medical/dramatherapy workshops with Adam Blatner, M.D.
- Mental Health Mindset: Student Presentation/Workshop for 40+ middle/high schools and colleges
- Storytelling Facilitation for Science/Medicine, StoryCollider (NY) Before the Abstract (D.C.) 2016

Amy Oestreicher

Narrative Bio

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Celebrating Life's Beautiful Detours

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 “thriver” 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 its 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?"

Amy Oestreicher
Recent Works List 2015-2017

IMPRINTS (Original Drama with Music)

- Staged Reading, Producer's Club, NYC, Professional Organization, 2016
- Reading, Hampshire College, Hadley, MA, School, 2016
- Staged Reading, Theatre Artist Workshop, Norwalk, MA, Community Organization, 2016
- Production/Development, Esperanza Dance Company, Tucson, AZ, Community Organization, 2016

Flicker and a Firestarter (Original Play with Music)

- Reading, Playlight Theatre Company, NYC, Professional Organization, 2017

The Sky is Blue (Short Play)

- Staged Reading, Casa Del Beverly, NYC, Community Organization, 2017
- Production, Manhattan Repertory Theatre, NYC, Professional Organization, 2016

Factory Treasures (Full-Length Play)

- Thespi Theatre Festival, NYC, Professional Organization, 2017

Resilience & the Human Spirit (Multimedia Arts Immersion Salon)

- Production & Tour, Beechwood Arts, CT, Professional Organization (May 2015-December 2016)

Our First Family Dinner (Short Play Published in Eddy Theatre Directory, UK, 2016)

- Reading, Eugene O'Neill Theater Center, CT, Professional Organization, 2016

The Greeks Are Trying to Tell Us Something (Musical)

- Production, Eugene O'Neill Theater Center, CT, Professional Organization, 2016

LEFTOVERS

Multimedia Drama with original score in development with director Susan Einhorn, 2017

Madwoman (Original Song Cycle)

- Hampshire College, Hadley, MA, 2017, College
- Theatre Artist Workshop, Norwalk, MA, Community Organization, 2016
-

Gutless & Grateful (Original Musical)

- Transformative Language Arts Network "Power of Words" National Conference (Kansas City, MO, September 2015), Professional Organization
- Eating Recovery Center (October, 2015, Denver, CO) Professional Organization
- Emerging Artist Theatre (March 2016, New York, New York), Professional Organization
 - NYC Bistro Awards Top Pick
- Chenango Non-Profit Equity Theatre (Greene, NY, June 2016) Professional Organization
- Midtown Theatre Festival, New York (August, 2016) Professional Organization
- Transformative Language Arts Network (Sacco, Maine, August 2016) Professional Organization
- Metropolitan Room (NYC, February 2017) Professional Organization
- Statera Women and Theatre Conference (Denver, CO, October 2017) Professional Organization
- Sarasolo Performance Festival (Sarasota, Florida, January 2017)
- New York New Works Theatre Festival (NYC, August, 2016) *Semifinalist
- 54 Below (NYC, June 2017) Professional Organization
- Guild Hall, JDT LabSeries, November 2017, Professional Organization
- Proscenium Theatre, Pima Community College, Tucson, Arizona, College, 2017

College Performances of Gutless and Grateful:

- Hampshire College, MA 2015
- Boston College, MA 2015
- Central Penn College, PA 2015
- Russell Sage College, NY 2015
- Haverford College, PA 2015
- Fulton Montgomery Community College, PA 2015
- New York University, NY 2016
- College of St. Benedict & St Johns, MN 2017
- Clark University, MA April 2017

Licensed to regional monologue competitions and college theatre departments as an academic senior project, campus event, and competition performance piece

- St. Cloud State, Minnesota, 2017
- University of Buffalo, NY, 2016
- Platte Community District, MN, 2016

TEACHING ARTIST EXPERIENCE

“Detourism” Workshops for Students: Created and taught intensive curriculum, theatre arts, creative therapies and acting for high schools students and public performance. Mentored small groups and individuals, and offered critical feedback of their work. Remained flexible and patient with students. Responsible and self-motivated, handled all financial aspects. As a result of small group workshops, 70% of students increased their grades by two letters.

Mental Health, Sexual Assault and Leadership Program for Students: Devised mental health curriculum and three-component performance program taken to over 50 colleges, created own program, publicity, coordinated with administration and colleges. Approached crisis management and challenges calmly, creatively and proactively. Helped foster peer support to assist students in personal growth.

ACTSmart Theatre Playback Troupe: Trained student Playback theatre troupes grades 6-12) Amherst, MA, 2014. Supported professor in instructing for youth and leading daily "ice-breakers" and warm-up exercises.

Wildwood Elementary School Art Aide: Created 10-week lesson plan for students through art education studies at Hampshire College. Wrote narrative evaluations, Worked privately with children with behavioral problems and special needs. Created specialized plan for these students, Created and executed lesson plans.

Greens Farms Nursery School: Worked with 3-4 years olds, communicated with parents, designed flyers and outlined curriculum. Designed music program and created chocolate making art workshop, special events

Acting and Presence Teaching Assistant: Hampshire College: Guided students through practical directing assignments and public performance. Graded and evaluated students based on work and participation. Designed specialized warm ups. Engaged in teaching pre-existing curriculum, Provided constructive criticism.

Beth El Hebrew School Teacher: Organized trips relevant to subject, special functions and exhibitions. Participated in regular meetings, trainings and workshops. Interacted with other teachers and

staff members to enhance effectiveness of program. Promoted creativity, self-expression and ability to generate unique ideas amongst children. Directed school-wide talent show and student-written skits for school assemblies. Regularly attended staff meetings at administrative offices.

GUTLESS & GRATEFUL for High School Students: Facilitated pre/post-show workshops, and the corresponding talk backs for the show which the students will be seeing. I created the curriculum for the workshops and while the show is the same, the audience and subject matter changes, so the lesson must adjust according to event. Designed curriculum, lessons and projects to incorporate art and academics. Collaborated with students to develop artistic and leadership qualities. Reviewed and managed progress of individual students in class.

GUTLESS & GRATEFUL *licensed to students*: I licensed my one-woman musical for students across the country to perform as their academic projects. I provide them with six weeks of instruction, guidance, and mentorship, as well as the script, audio tracks, publicity materials and musical score. I have been flown out to these colleges to facilitate an educational playwright talkback after the performance, and then write a Huffington Post article about the experience, which the student can also add to their portfolio. Led exercises and group activities that promoted a deeper appreciation of the productions.

Art Kibbutz Artist in Residence: I was paired with three other teaching artists and multidisciplinary performers to lead workshops for visitors on Governors Island, including children and families. We worked together for two months creating performances, workshops and talkbacks. At the end of the residency, the artists put together a performance and educational talkback for visiting schools, organizations and visitors on social justice, religion, mental health and arts education. The experience increased community involvement and awareness.

Private and Group Art Classes: Show Me Your heART Workshops, Westport Continuing Education: Created eight-week arts curriculum for adults in mixed media art. Taught artist founders of local community school. Provided workshops in lesson planning and classroom management.

Private Coaching, Consulting, Lifestyle Strategist : Constructing 12-week curriculum for individuals aiming to incorporate creativity into their business, corporation, daily practice, recovery, and mindset. Corporate, non-profit, individual, referrals available.

Performing Arts Center of CT: I was responsible for a group of 10-12 campers ages eight to twelve. I planned the drama and dance curriculum for the day which usually amounted to four hours of teaching. I facilitated drama workshops and developed choreography that I co-created with the participants based on different themes the camp explored each week.

YOUTH TO YOUTH LEADERSHIP CONFERENCE: We explored the archetypal heroes journey as a way to devise theatre and skits to show how we can use this structure for storytelling and navigating obstacles and “hero’s challenges” in our own lives. This was also the subject of my TEDx Talk on February 25th 2017 at Virginia Commonwealth University.

MIDDLE SCHOOL ASSISTANT DIRECTOR/DANCE CAPTAIN: Performed extensive literary research for mainstage productions. Worked with students and professor in class, performance and rehearsals, worked with students to design choreography for musicals. Collaborated with co-teachers on theatre curriculum with a literacy focus.

Gutless & Grateful: Post Traumatic Gifts Performance: Created educational theatre, created inclusive community through activities and role modeling. Facilitated conversations about equity and inclusion,

used cross-cultural skills. Developed specialized programs for LGBT communities, disabilities, military, and survivors of sexual assault. Eligible for sexual assault education grant, fundraising strategies, instructing, leadership

JCC Centerstage Summer Camp: Graphic Design for programs and publicity materials. Educated apprentices about the basics of design, layout, illustration, and critical thinking. Assisted in developing a marketing plan for arts extracurricular activities. Organized, cataloged, and maintained student databases

Education and Theatre Consultant: Created professional development opportunities for clients; teaching them how to use drama in the classroom to teach varying curriculums. Orchestrated creative critical thinking games in after school settings. Instructed students with learning disabilities on literacy skills.

Volunteer Teaching: *Selected:* Make Art Monthly (Coastal Arts Guild), Common Ground (Fairfield County Cultural Alliance), Biology Teaching Assistant, Dr. Andrew Bednarik, Fairfield County School District, CT, Mercaz Hebrew High School, Bridgeport CT School District