



Experiential Leadership Training

ABOUT ME

Onome (pronounced like "On a May afternoon") uses her expertise in group vocal improvisation to design and lead thrilling interactive experiences of creative fellowship, risk-taking, courage, deep listening, and leadership development.

She creates opportunities for organizations to build thriving cultures of connection through play-based experiential learning.

She presents programs for a wide variety of audiences internationally at corporate events, conferences, conventions, retreats, and wellness centers.

AVAILABLE FOR:

- Keynotes
- Panel Discussions
- Workshops & Seminars
- General & Breakout Sessions
- Podcasts

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FOCUS

- Creativity
- Mindfulness
- Voice for Well-Being
- Embodied Leadership

SIGNATURE TOPICS

Creativity and Growth Mindset

A closer look at growth mindset, as a foundation for creative problem-solving, and resilience.

Embodied Leadership through Vocal Improvisation

The principles of vocal improvisation, and how they can enrich your leadership skills.

Mindfulness + Embodiment Practices to Boost Creativity

Mental, emotional, and movement tools for expanding your capacity to express yourself and create from joy, power, clarity, and authenticity in the present moment.

Sounding

Explore a variety of collective vocal practices, including the spontaneously composed choral form known as "circlesinging." Learn practical tools for vocal improvisation, such as how to build and join parts, solo, and lead the group—all while trusting the flow.

Vocal Tapestry

This hybrid program consists of a crowdsourced song-share, and an introduction to simple, interactive vocal improvisation games.

VIDEO LINK

onome.org/media



TESTIMONIALS

I was so moved and inspired by your work.

- Margaret Jenks, Community & Education Programs at Madison Youth Choir

It was an amazing experience for me. The first time I really let myself be connected to something deeply spiritual in a public singing context.

- Kay Bourguine, founder of Circle Songs Paris

Your leadership, spirit, and knowledge helps me and heals me.

- Ellen Dumlao, Board of Directors, CM Performing Arts Center

CLIENTS INCLUDE:

