



# Voice | Expressive Arts | Holistic Integration

## ABOUT ME

Hi, I'm Onome (pronounced like "On a May afternoon"). I use vocal improvisation to design and lead thrilling interactive experiences of creative fellowship, risk-taking, courage, deep listening, and leadership development.

My work is for:

- holistically oriented people committed to moving beyond fear and stuckness to emotional freedom and fulfillment
- expressive arts enthusiasts whose souls are deeply nourished by community vocal rituals
- organizations committed to building thriving cultures of connection through play-based experiential learning.

## AVAILABLE FOR:

- Workshops, Seminars, & Conferences
- Audience-Interactive Performances
- Corporate Wellness Programs
- Retreats & VIP Day Intensives
- 1:1 Coaching & Consulting
- Keynote Presentations
- Podcast Interviews

## CONTACT

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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 program weaves a crowdsourced song-share, with an introduction to simple, interactive vocal improvisation games.

### VOKE

My flagship 1:1 online program designed for self-expression and experiential learning to align your mind, body, and soul - to release energy blocks and unleash your unique creative magic.



## TESTIMONIALS

[www.onome.org](http://www.onome.org)

*I have worked in public education for 25 years and have learned that it is exceedingly rare to have consensus among teachers on anything. This tells us time spent with you was highly enlightening and rewarding!*

- Dan Davidson, Director of Arts Education for Madison Metropolitan School District

*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:

