

2/1/17 Discussion outline - Valor Academy

I. Introduction (5 Min.)

- A.) Icebreaker questions: get group engaged, dialed in to presentation. Questions will be about creativity, passions, likes/dislikes
- B.) Born and raised in small town in Michigan. Moved to NY after college, then to LA on year after that.
- C.) Always had a sense that I had a bigger calling on my life, just not sure what that was.
- D.) Desire to get out and explore life
- E.) Desire to live life gave way to desire to find my own voice.

II. Journey to discovering my own voice (10 Min.)

- A.) Songwriting - loved being creative. Expressing my heart. Conveying my true and natural feelings.
- B.) Creative writing - different than song writing. This is where I would work out existential or what I would call "crazy ideas"
- C.) Graduate school - professors who challenged me. Actually gave me poor remarks for not asserting my voice into my writing.

Journey to discovering your own voice will not look like anything you can see around you, it has to come from within you.

III. Songwriting activity (15 Min.)

- A.) Together, the class and I will create a verse, pre-chorus and chorus for a song.
- B.) We will assemble the parts together then perform the song as a group.

IV. The Importance of Community (10 Min.)

- A.) We just created a song using community. Each person contributed what they could, and together, we created a song.
- B.) We can help each other find our voices.
 - a.) encouragement
 - b.) practice
 - c.) volunteering
 - d.) taking risks/try new things
- C.) Static - (ask for volunteer for balloon illustration)
 - a.) static connects things
 - b.) static moves things along at a smooth pace
 - c.) static changes things on a molecular level, they are changed forever, or until something changes them back.

V. What have I learned along the way (5 Min.)

- A.) Finding my voice is an ongoing process
- B.) Having a strong community to share your voice with is vital

C.) Never take any learning opportunity for granted, you can learn the biggest live lessons from the most inconspicuous teachers.

Everything is an opportunity

D.) Do good for those around you who need it.

VI. Practical tips for class to take away (5 Min.)

A. Internships and volunteer work

B. Spend time with your family, know your heritage. It is who you are!

C.) Read

D.) Get involved with issues that you are passionate about.

E. DO NOT BE AFRAID TO FAIL!

VII. Closing and Q&A (5 Min.)