

Workshops, Talks, Performances by Echo

Workshop Title: When Giving Up Isn't an Option: Harnessing Creativity, Fortitude and Self-Care to Rise Above the Madness

Workshop Description: As women of color, we often carry immense stress, pressure, and emotional distress from the burdens of every day life and the complexity of having to deal with racism and sexism. Additionally, we often struggle in silence and don't have the tools to adequately address our difficulties and replenish ourselves internally. These difficulties can be especially challenging in isolating professional environments where it can be hard to find support and allies.

If we are to survive long-term and not only survive, but thrive, as Dr. Maya Angelou said, we need tools. We need a plan to help carry us through the turbulence of our unique challenges. In this workshop, through a series of writing, partner, and sharing exercises, we will create a "Thrive Plan," a personalized resource to help get us through challenging times. We will investigate and harness our internal and collective wisdom to take care of ourselves and each other.

TOPICS: Self-Care, Women of Color, Creativity, Writing

Workshop Title: Ignite the Creative Fire Within: Writing Workshop

Workshop Description: Every great piece of art begins with a simple creative impulse. An inner spark that leads to a book, play, film, or other artistic work. How do we find and connect to that inner creative impulse? How do we tell the difference between ego and the genuine creative flow? How do we find our authentic voice in creative work?

In this workshop, we will take the crucial first step of finding our creative voice. This workshop is for people who want to undertake a creative project, but don't know where to start. For writers of any genre, this workshop will combine writing exercises, creativity/spiritual awakening exercises, and in class partner exercises. Be prepared to dig deep and step outside of your comfort zone to uncover the story waiting to be told.

TOPICS: Creativity, Writing, Developing Intuition

Workshop Title: The Space Between Us: Building Community and Fostering Connection in Professional Environments

Workshop Description: In our professional lives, we often share space with people from diverse backgrounds, but rarely get to know each other beyond our professional veneers. Though we see each other every day, pass each other in the halls, eat lunch together, we are often unaware of the totality of the person we share space with.

This workshop will challenge participants to answer the question: who am I sharing space with? We will participate in activities designed to help us get to know each other in a substantive way, as well as cultivate tools that to help us understand and navigate cultural differences or friction that may appear in professional settings. We will walk away from the workshop with a better understanding of our colleagues and a better understanding of how to navigate sensitive situations that may arise while working together.

TOPICS: Diversity, Raising Awareness, Cultural Differences

Workshop Title: Writing Trauma: A One-Day Writing Workshop for Women of Color and Trans Identified People of Color

Workshop Description: As women of color, we often endure painful and traumatic experiences due to our race, gender, sexuality, and other factors related to our identity. Our pain is intensified when we are asked to remain silent about these experiences to “preserve” the family or the community. As a result, we can carry deep unhealed wounds that affect how we move through the world. Writing our pain and experiences and sharing it with others is one of the most important things we can do to heal our selves. Many of us yearn to have our experiences witnessed and validated in a safe space. This workshop is an opportunity to investigate our wounds through writing and sharing in community. We will use writing exercises, partner and group sharing, and community building activities to reclaim and reframe traumatic experiences.

TOPICS: Writing, Women of Color

Workshop Title: Transforming the Stage Through Power and Vulnerability: Essential Elements of Writing a One Person Show

Workshop Description: Creating emotionally rich performances on stage often depends on our ability to tap into our own internal power and vulnerability. From that place of inner strength, we are able to channel the energy of the audience and create performances that have depth, humor, and intensity. This workshop will combine writing exercises, stage techniques, spiritual awakening exercises, and in class performance exercises to help students work toward developing dynamic & vibrant performance pieces. This workshop is for those wanting to add power, vulnerability & depth to their work and beginners seeking a starting point for creative expression on stage.

TOPICS: Writing, Performance, Public Speaking

Workshop Title: Speak Like You Mean It: Public Speaking for Wannabe Rock Stars

Workshop Description: Whether it's a weekly team update or a speech at a large conference, how do you bring presence, purpose, and power to your presentation? How do you maximize your strengths as a speaker, reduce your weaknesses, and truly own the stage? Additionally, how do you manage the internal noise that may derail your presentation?

In this highly interactive workshop, participants will learn techniques to improve their presence in front of the room. Through a series of exercises, including theater and voice projection exercises, participants will learn to deliver engaging presentations that maintain the audience's attention. Participants will also examine and work towards dismantling internal blocks or fears that may prevent them from showing up fully in front of the room. This workshop is not for the faint of heart and will ask participants to challenge themselves and step outside of their comfort zones. The workshop will focus solely on delivery and will not cover content development.

TOPICS: Public Speaking

Talk + Workshop: Back From The Dead: What 33 Years of Depression Taught Me

Workshop Description: When Echo was 6 years old, something very traumatic happened to Echo. The event was so traumatic, Echo remembered very few details about what happened, but it was the main catalyst for the severe depression Echo struggled with throughout her life. Echo tried everything to battle her depression including: yoga, meditation, shamanism, tantra, and therapy. It was only after doing a breakthrough EMDR session in Paris, Echo finally remembered everything that happened to her and felt the weight of that paralyzing moment lift along with her depression.

In this moving talk, Echo recounts one of the most painful experiences of her life and investigates the crippling depression it unleashed in her life, arriving at insight and wisdom that is useful for us all. The talk is immediately followed by a workshop which includes small group sharing and writing and reflective activities for the audience to investigate their own struggles with mental health.

TOPICS: Mental Health, Depression

Workshop Title: Reclaiming My Narrative: Using Personal Storytelling to Reframe and Reclaim Your Life Story

Workshop Description: The internal stories we end with are not the stories with which we start. Before conditioning sets end, before we are programmed with other people's and societies' ideas, projections, and beliefs about us, our story belonged to us and us alone. Overtime, we loose touch with who we are and what we want, which may compel us to see ourselves as a victim and become stuck in our path. This workshop will use writing, reflection, ceremony rituals, and sharing activities to help participants transform victimhood once and for all.

TOPICS: Self-Growth, Writing, Storytelling

Performance: Black Virgins Are Not For Hipsters: One-Woman Show Plus Talkback

Performance Description: Black Virgins Are Not for Hipsters is Echo Brown's critically acclaimed solo show. The show was named one of the top ten best shows of 2015 by Rob Hurwitt of the SF Chronicle and Sam Hurwitt of KQED. It was also nominated for Outstanding Solo Production by Theatre Bay Area Awards in 2015. The show ran for 3 years in San Francisco, Berkeley, and Oakland and was also performed in Chicago, Cleveland, Dublin, Ireland, and Berlin, Germany.

In this highly interactive show, the audience is invited to unpack and investigate the intersections of race, gender, and socioeconomic status through the lens of interracial dating. A moving and unique performance that keeps audiences on the edge of their seats and leaves them thinking long after the curtain closes. Audience talkback immediately follows the performance.

TOPICS: Race, Gender, Socioeconomic Status

"Not since early Whoopi Goldberg have I been so moved by a performer's narrative."

- Alice Walker (Author, *The Color Purple*)

"In my day to day, I am rarely at a loss for words and generally feel confident in myself and certain in my knowledge of the world around me. Last night, like an earthquake, you shook me. Your words, story and performance greatly affected me. They opened me up and pulled me apart. You provided a mirror for myself (the whitest of white men), a lens for African American men, and an intimate view into the world/psyche of women of color. My conditioning became apparent as doubt and uncertainty washed over me."

- Audience Member

Notes About the Workshops: Each workshop is customized to fit the needs of the organization or group requesting the workshop. Prior to the workshop, Echo schedules a phone consultation with the hiring manager to get a better understanding of what the organization is looking for from the workshop experience. The workshop, including activities and which stories Echo shares, is then customized based on the phone consultation. For more information about any of the above or to set up a phone consultation, please email: helloechobrown@gmail.com.

Notes About Echo: Echo Brown is a writer, performer, & actress from Cleveland, Ohio. Echo's meteoric rise in the San Francisco art scene with her hit one-woman show, *Black Virgins Are Not for Hipsters*, has been widely praised and played to sold out houses in San Francisco, Berkeley, and Oakland. A graduate of Dartmouth College and full-time storyteller and workshop facilitator, Echo has performed and taught workshops around the world. Echo currently lives in Paris and working on a book to be published through Macmillan in 2020.

Notes About Where: Echo has taught workshops and/or performed at: Google, The University of Chicago, Dartmouth College, Facebook, Dropbox, Twilio, and many other places.

Echo Has Appeared in: The San Francisco Chronicle, the Oakland Tribune, KQED, Tedx San Francisco, the SF Examiner, and the Huffington Post

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