

# RHIANNA MACK

## THEATER/ACTING PERFORMANCE

Rhianna's workshop, **ACTION! An Intro to Theater/Improv & Directing** is a class favorite. Through this upgraded version of theater & improv, not only will kids learn to embrace their inner creativity and spontaneity while gaining acting/performance basics, but this introductory course also serves as an ideal way to boost self-esteem, teamwork, public speaking and leadership skills. Participants gain confidence by performing fun activities together, then elevate into performing individually, and even selecting & directing a cast!

## VISUAL ARTS WORKSHOPS

The **UPCYCLED Fashion + ORIGAMI + Visual Arts!** is always a hit. This is a Super Fun [no-sew] DIY (do-it-yourself) Fashion & Crafts Workshop which includes T-shirt Reconstruction, an Intro to Origami and other cool art projects! Participants learn to give new life to their old clothing for a cool, revamped look. By repurposing t-shirts using supplies such as scissors, chalk, etc. and no-sew techniques, that old shirt will transform into a jazzy new usable item or style! This class is a crowd pleaser that engages creative thinking, & resourceful inventiveness.

## SENIOR PROGRAMMING

The **SENIOR SOCIAL ART CLUB | ORIGAMI + Visual Arts.** Focuses on the senior community - participants enjoy vibrant social connection by way of upcycling, origami, and unique visual art projects that increase dexterity, resourcefulness, and creativity. This class helps improve fine motor coordination, focus, self-expression and relaxation.

## **CULTURAL PROGRAMMING**

**During the GLOW UP 101 - MODELING & More workshop, Participants are encouraged to tap into a Leveled-Up version of themselves. We explore unlocking our 'dynamic walk', engage in positive self-expression to ourselves and others, and delve into the greater influence we can achieve when we tap into the optimal version of our Future selves. Topics include Movement, power-posing, photo shoots, healthy tips & skin care.**

**The POWER UP 101 - Networking Magic workshops are a mature version of the GLOW UP 101 class for those looking to enhance the art of networking & community, make a standout introduction to the job market, or just feel like your BEST self.**

**We explore finding our inner POWER to become our best selves through posture, presence and positive self-expression.**

**Participants and audiences aged 6 and older**