



# KATE BLACK- REGAN

S H E / T H E Y

Kate Black-Regan (she/they) is a multi-hyphenate performance artist, actor, vocalist, poet, counselor, energy worker, and expressive arts guide. She utilizes a creative, trauma-informed, strengths-based approach to bust social stigmas and increase access to individual and collective transformation through the power of the performing and healing arts.

Kate reclaims roles and re-stories narratives with a personal, political, and universal lens. She collaborates with a wide range of artists locally and internationally, facilitates workshops and individual counseling sessions, and composes dynamic multidisciplinary work for the stage. Kate's mission is to support individuals, communities, and audiences in connecting with their own power.