\*All in-person prices exclude travel, lodging, and food. These costs must be handled separately by the host institution(s). All events are now Zoom friendly!

## **PERFORMANCES**



**Performance Description**: As a motivational speaker, certified life coach, and self-proclaimed Empowerment Poet, Hustle Diva brings entertainment, raw truth, healing, and compassion to the stage, leaving audiences emotionally prepared to tackle life's tricks and challenges with confidence and determination. She is routinely complimented on her clear diction, comprehensive messages, imagery, and ability to allow her listeners to feel as if she's speaking directly to them about their lives. A self-esteem and inner-peace advocate at heart, Hustle Diva's performances center on helping people build the kind of strong emotional foundation that will enable them to confidently pursue their best interests at all times. From goals and dreams to heartache and healing, radical self-care, personal accountability, and exhibiting benevolence, those who experience Hustle Diva's "verbal smoothies" will be stimulated and ready to transform. Recommended for ages 18 and up. More information at <a href="https://www.hustledivaspeaks.com">www.hustledivaspeaks.com</a>

30-minute Empowerment Poetry performance: \$1250 60-minute Empowerment Poetry performance: \$2500

CATEGORIES: MOTIVATON/INSPIRATION, SELF-HELP, THERAPY, DOING BETTER IN SCHOOL & LIFE, RELATIONSHIPS, LOVE, SELF-ESTEEM, MENTAL HEALTH

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## **WORKSHOPS**



# POETIC BREAKDOWN™: "CONQUERING AFFLICTION"

This interactive self-help workshop features a 2-5 minute poetry performance by Hustle Diva that will center on a pre-selected self-esteem topic from her arsenal of themes, which participants will utilize to answer a five-question worksheet designed to encourage them to begin the process of introspection that will inspire their transformation and healing. The worksheet answers will then serve as the core of the subsequent open discussion, where participants will share their responses, what they have learned from the poem, and how they will use their discoveries to change themselves for the better. Recommended for ages 16 and up.

## 2 hours \$1500

CATEGORIES: MOTIVATON/INSPIRATION, DISCUSSION, SELF-HELP, WRITING, PERSONAL, THERAPY, DOING BETTER IN SCHOOL & LIFE, MENTAL HEALTH, RELATIONSHIPS

www.hustledivaspeaks.com punctualityeditor@gmail.com

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# POETIC BREAKDOWN™: "SORRY, NOT SORRY"

Based on her poem "Sorry," a feisty noncompliance anthem, this combination creative writing/self-help workshop teaches participants how to tactfully stand firm in the face of unsolicited criticism, unauthorized regulators, and the pressure to engage in scenarios and behaviors that do not honor their spirit. Hustle Diva will recite "Sorry" and then ask participants to write a polite but firm response, in their own defense, to a fictitious person in one of four oppressive scenarios provided by Hustle Diva, with two conditions: within their reply, they must not apologize for their response, and they must consistently use "I statements" while conveying their message. Afterward, they will share their responses and engage in open dialogue about how it felt to unapologetically stand up for themselves in their chosen scenario and what, if any, challenges they had while doing so, and how to maintain this skill within real scenarios going forward. Recommended for ages 16 and up.

# 2 hours \$1500

CATEGORIES: MOTIVATON/INSPIRATION, DISCUSSION, SELF-HELP, CREATIVE WRITING, SKILLS, THERAPY, DOING BETTER IN SCHOOL & LIFE, RELATIONSHIPS

## POETIC BREAKDOWN™: "A CRYING SHAME"

Crying is healthy for you physically and mentally. However, many people avoid or struggle with crying due to an unhealthy mindset. "A Crying Shame" takes participants on an inner-work journey to strengthen their relationship with crying, by shifting perspectives and ultimately gifting themselves permission to engage, without shame, in one of the most natural, healthy functions in life. This workshop, using Hustle Diva's poem "One Thing's for Certain," will focus on four common ways people deal with crying. Participants will utilize a six-question worksheet designed to encourage them to begin the process of introspection that will inspire their transformation and healing. The worksheet answers will then serve as the core of the subsequent open discussion, where participants will share their responses, what they have learned from the poem, and how they will use their discoveries to change themselves for the better. Recommended for ages 16 and up.

# 2 hours \$1500

CATEGORIES: MOTIVATON/INSPIRATION, DISCUSSION, SELF-HELP, WRITING, PERSONAL, THERAPY, DOING BETTER IN SCHOOL & LIFE, CRYING, MENTAL HEALTH

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#### POETIC BREAKDOWN™ WORKSHOP HEALING PARTY

Sometimes it's beneficial (and fun!) to do inner work in the company and comfort of people you know (and possibly love). Family members? Friends? Co-workers? Church or other religious group? Whichever scenario fits, booking Hustle Diva for a private Healing Party using the workshop theme of your choice is an innovative way to incorporate self-care, self-transformation, and healing into a value-creating event that you won't have to try to recap for your crew afterwards because they'll be there to experience it with you!

\*Fee for parties depends on event size and type\*

View workshop reviews **HERE** 

### ENLIGHTENMENT PRESENTATIONS

One thing Hustle Diva will do is leave you informed and ready to embrace change and advancement after she speaks. While she is versed in countless life subjects, she gravitates toward and is especially passionate about four in particular:

- Navigating the Writing and Publishing Process with Precision
  - Procuring and Maintaining Your Peace in All Situations
    - Discovering and Implementing Your Life's Mission
    - > Turning Hard Conversations into Healthy Dialogue

#### PLEASE SUBMIT THIS FORM FOR YOUR DESIRED EVENT



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# (IN-PERSON) ARTIST RIDER

**Technical and Materials Rider**: Microphone (cordless microphone or wearable microphone preferred), microphone stand (if wearable microphone unavailable), one stool, and one small podium or lectern. For workshops: pens, pencils, paper, and clipboards or other appropriate writing surface for participants are requested. For workshops with handouts, Hustle Diva will email appropriate document(s) to administration to be printed out for participants on day of event.

**Hospitality Rider:** Driver to pick up Hustle Diva from her hotel and direct her to the venue where services will be conducted (if applicable), a driver to return her to the same hotel upon completion of the services (if applicable), a flyer and/or poster featuring Hustle Diva to be distributed throughout campus to promote the event (with copies made available to her after the event), photography and/or video of the event, advance promotion of the event, one small- to mid-size table for Hustle Diva to set up her wares before event and sell after the event, two 16 oz. room-temperature bottles of water provided for Hustle Diva while speaking, and water for participants.

