



90-Minute Workshop

RESILIENT NARRATIVES:
Healing Trauma through
Creative Expression

WWW.THANDIMONEE.COM

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THANDI MONEE'

THANDI'S STORY

Thandi was diagnosed with Stage 1B breast cancer in 2021, she courageously fought and won the battle after enduring 4 surgeries, 16 rounds of chemo, and 30 days of radiation. Her transformative journey not only revealed the importance of embracing authenticity and living intentionally but also inspired her to channel the healing power of creative expression into the creation of her impactful documentary, "16 Tuesdays". This documentary, a crucial part of her recovery, received an honorable mention at the 2023 Prairie Fest film festival. The documentary, affirmations, speeches, photography collection, social media campaigns, and poetry have been a beacon of hope for women confronting similar challenges.

With her firsthand understanding of the power of creative expressions, she now shares this gift with other trauma survivors, embodying a spirit of resilience and offering a source of inspiration for those on the path to healing mentally and physically.

Click on the last 3 images to see the speaker clips, affirmations and documentary.



PHOTOGRAPHY
COLLECTION



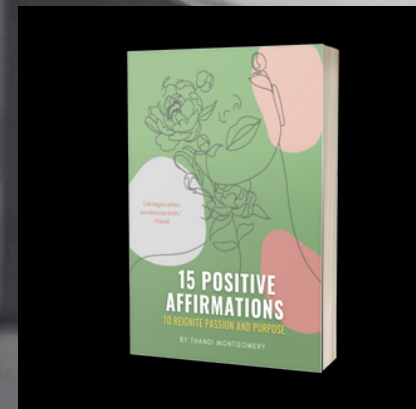
POETRY



SOCIAL MEDIA
CAMPAIGNS



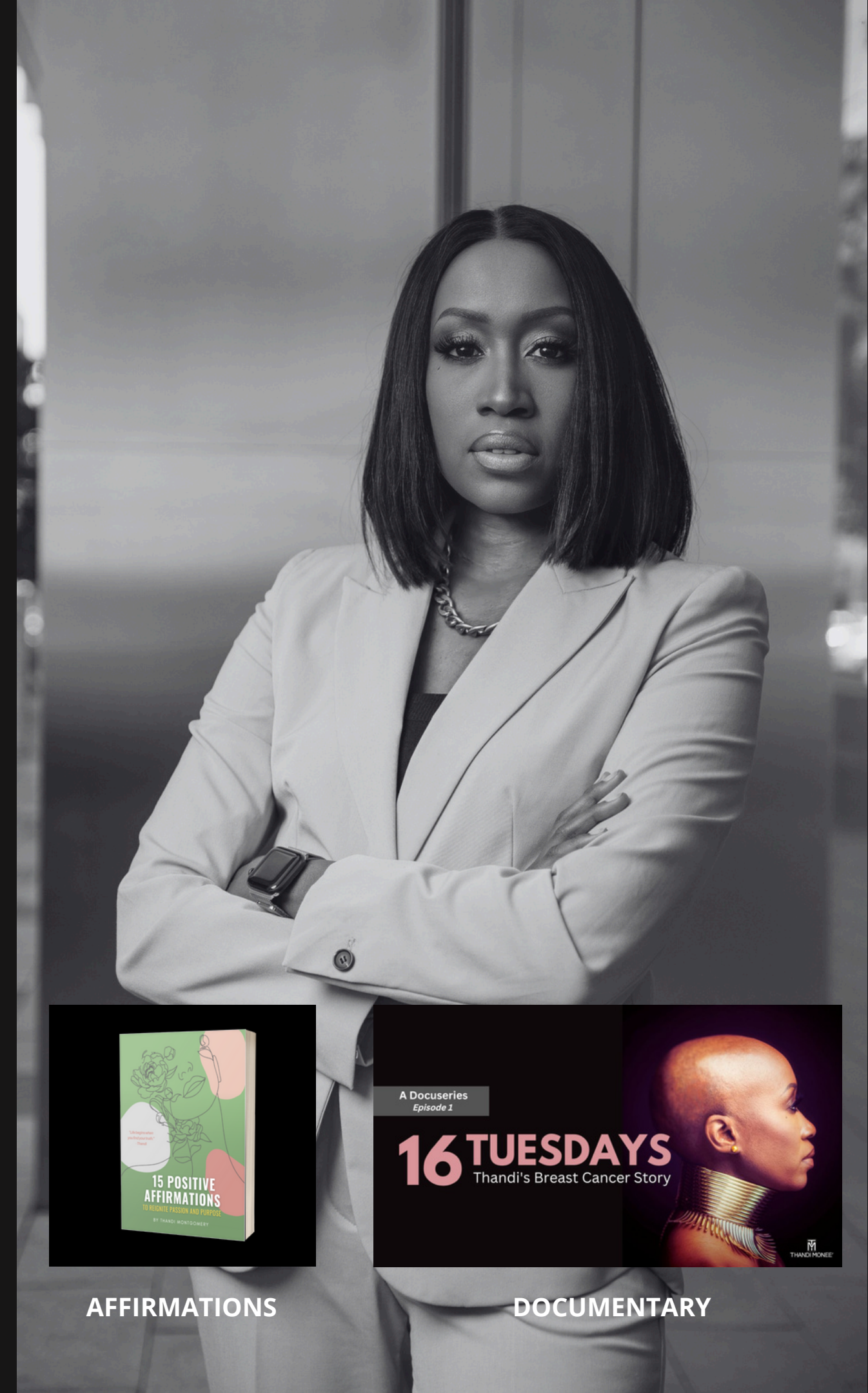
MOTIVATIONAL
SPEAKING



AFFIRMATIONS



DOCUMENTARY





WHAT IS TRAUMA?

Trauma is a response that occurs when something frightening or harmful happens, causing a person to feel upset or hurt. Common responses to trauma may involve nightmares, intense anxiety, intrusive thoughts about the event, emotional detachment, self-blame, substance abuse, and other distressing reactions.

THE PROBLEM

According to the National Council for Behavioral Health, **70% of adults** in the United States—equivalent to **223.4 million people**—reported experiencing traumas, with an average of **3.2 traumatic events in their lifetime**.

RESILIENT NARRATIVES WORKSHOP



OVERVIEW AND OBJECTIVE

Embark on a transformative journey with "Resilient Narratives: Healing Trauma through Creative Expression", a 90-minute hands-on workshop designed to empower and support trauma survivors in sharing their journey through art, writing, film, motivational speaking, and more. Participants will discover the significance of storytelling in the healing process and explore various methods for sharing their unique creative expressions.

This workshop equips participants with the confidence and a step-by-step process to use their existing skills to develop creative expressions.

TARGET AUDIENCE

This workshop is specifically designed for survivors (18+) of chronic diseases, abuse and loss—seeking a creative outlet to share and process their experiences. It is ideal for individuals interested in art, writing, film, photography, music and more for healing and self-expression.

The workshop is not intended to teach participants on how to become great artists, writers etc. It is intended for individuals who already have a passion for the arts and want to use their existing creative abilities to create and release inner trauma through a step-by-step framework.

FINAL OUTPUT

Participants will ideate on the creative medium of their choice (see options below), craft a project plan, and initiate their creative expressions. Throughout the workshop, they will receive guidance, engage in Q&A sessions, and reflect on the emotional impact of their work.

Disclaimer: Due to the timeframe of the workshop, the intent is to begin ideating on the creative expressions not to complete them in the workshop. If more guidance is needed, feel free to explore the 8-week course.

Creative expression options:

- Art on Canvas or Digital (ideation)
- Book (outline)
- Music (ideation)
- Photography Collection (ideation)
- Poetry (outline)
- Short Documentary Script (outline)
- Speech (outline)



“Most people will heal naturally over time. The problem is a substantial minority will not heal naturally, and they’ll go on to suffer from these invisible wounds and develop PTSD.”

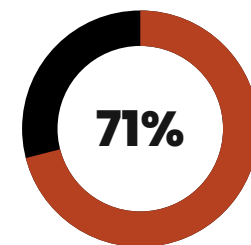
-Shaili Jain

Psychiatrist, PTSD specialist, and Trauma Scientist

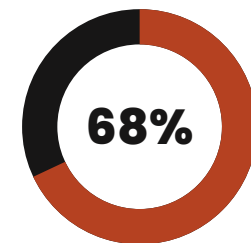
PARTICIPANT BENEFITS

The Healing Power of Creative Expressions

Being creative is a powerful way to turn hidden hurts into something real that you can see or feel. It helps you to explain what’s happening on the inside and helps you to understand your thoughts and feelings better.



Based on a study in the Journal of the National Cancer Institute **71% of participants felt less anxious** after creative art therapy.



Another study* showed that **68% of trauma survivors felt better with art therapy** and had fewer PTSD symptoms.

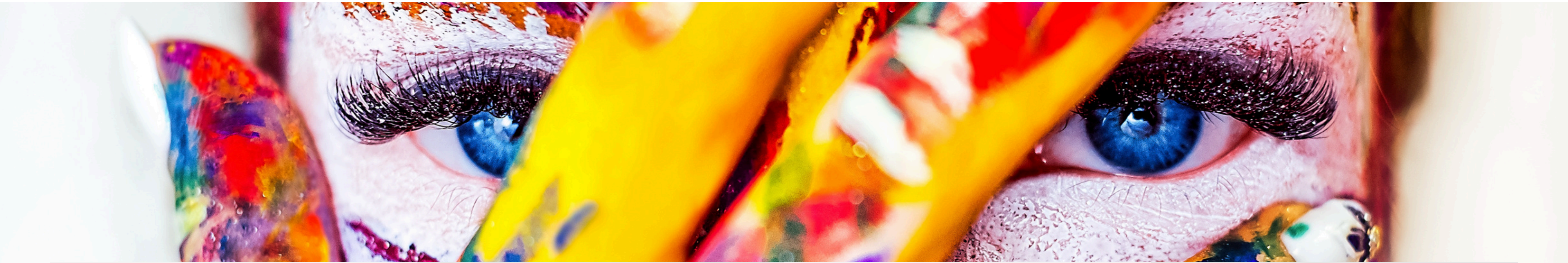
*Journal of Traumatic Stress

- 1 Emotional Release:** Enables participants to feel better by letting out their emotions after or during trauma.
- 2 Perspective Reframing:** Transform perspectives to help find meaning and strength.
- 3 Connection and Inspiration:** Allows participants to build trust, connect, and inspire others who may share similar struggles.
- 4 Empowerment and Reflection:** Encourages self-reflection, acknowledging strengths and resilience.

SPONSORING ORGANIZATION BENEFITS

Sponsoring the Resilient Narratives workshop underscores the organization's dedication to the well-being of trauma survivors, **offering valuable coping tools for enhanced mental health and personal empowerment.**

WORKSHOP FLOW/AGENDA



1

**Welcome,
Instructor
Overview &
Thandi's Story**



2

**The
Significance of
Creative
Expressions**



3

**Workshop
Modules,
Objectives
and Activities**

Building Trust and Confidence
Choosing Creative Mediums
Crafting a Project Plan and Story Outline
Initiating Creative Expressions



4

**Reflection,
Sharing and
Closing**

LOGISTICS & WORKSHOP INVESTMENT

FORMAT

VIRTUAL WORKSHOPS

Participants will have the flexibility to choose a day and time that best suits the group's schedule.

OR

IN-PERSON WORKSHOPS

Local organizations only (Dallas/Fort Worth area - within a certain radius)

DURATION

- 90-minutes

MARKETING AND PROMOTION

The instructor will provide marketing material, and a qualifier survey to each organization to promote the workshop.

EVALUATION AND IMPROVEMENT PLAN

A survey will be provided to gain feedback and insights regarding the impact of the workshop and the participant's response to trauma.

WORKSHOP INVESTMENT (90-MINS)

\$997

Payment for the workshop is required in advance.

ABOUT THE INSTRUCTOR



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Thandi Montgomery is the founder of Thandi Monee' LLC. She graduated Summa Cum Laude and received her undergraduate degree from Florida A&M University. She also has a Master's in Business Administration.

Prior to embarking on her entrepreneurial journey, Thandi worked in the advertising industry for 15 years and developed results-driven marketing strategies for renowned brands such as AstraZeneca, Capital One, Cinnabon, Dell, Macy's, The Home Depot, Verizon Wireless and Wingstop.

Thandi is recognized for her unwavering commitment to women's health, wellness, and self-discovery. Thandi is recognized for her unwavering commitment to women's health, wellness, and self-discovery.

From boardrooms to podcasts, conference stages to media outlets, her message resonates and inspires women to unlock their truth and be intentional about their personal growth and legacy. Her experience as a keynote speaker, corporate trainer, coach and workshop facilitator spans across audiences on a local and global scale. She has been invited to speak to students, corporate leaders, churches, and community organizations.

When she is not speaking, coaching or consulting, she enjoys traveling overseas to explore and learn about different cultures. Her journeys across South Africa, Zimbabwe, Dubai, Italy, France, Spain and beyond have profoundly enriched and expanded her outlook on life.

After being diagnosed with Stage 1B breast cancer in 2021, she courageously fought and won the battle after enduring 4 surgeries, 16 rounds of chemo, and 30 days of radiation. Through her journey, she discovered the significance of embracing her true self and living with intention. She has vowed to use her second chance to help women shift from existing to living, reignite passion and elevate to new heights. In 2023, the Dallas Cowboys honored Thandi as a Star Survivor for her impactful breast cancer advocacy work.

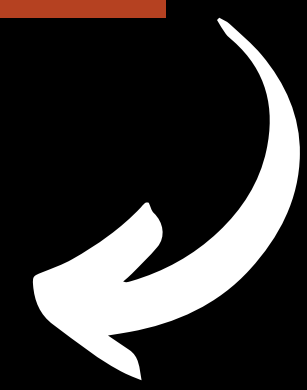
Her philosophy is, "Give yourself permission and space to embrace who you are. Life begins when you find your truth."



LET'S TRANSFORM LIVES TOGETHER!

[BOOK A DISCOVERY CALL](#)

calendly.com/thandimontgomery



WORKSHOP FAQs

1

Question: Who is the target audience for the 90-minute Resilient Narratives workshop?

Answer: This workshop is specifically designed for survivors (18+) of chronic diseases, abuse, and loss who seek a creative outlet to share and process their experiences. It is ideal for individuals interested in art, writing, film, photography, or music, for healing and self-expression.

2

Question: Is this workshop suitable for individuals without any prior artistic or creative experience?

Answer: This workshop is tailored for individuals with an existing appreciation and basic creative skills (beginners are welcome). It doesn't aim to teach participants how to become better artists or writers but provides a framework to channel their creativity in transforming trauma into expressive forms.

3

Question: Is the workshop focused on completing creative expressions or just ideation?

Answer: Due to the timeframe of the workshop, the emphasis is on initiating ideation for creative expressions, not completing them. Participants needing more guidance are encouraged to explore the 8-week course.

4

Question: Will the workshop teach participants how to become better artists, writers, etc.?

Answer: No, the workshop is not intended to teach participants how to become great artists or writers. It is designed for individuals who already have a passion for the arts and want to use their existing creative abilities to create and release inner trauma through a step-by-step framework.

5

Question: What creative expression options are available during the workshop?

Answer: Participants can choose from:

- Art on Canvas or Digital (ideation)
- Book (outline)
- Music (ideation)
- Photography Collection (ideation)
- Poetry (outline)
- Short Documentary Script (outline)
- Speech (outline)

6

Question: Can the workshop accommodate virtual or in-person sessions?

Answer: Yes, the workshop offers flexibility for virtual sessions where participants can collectively choose a suitable day and time. In-person workshops are limited to local organizations within the Dallas/Fort Worth area.

Question: How many participants should ideally be in the workshop?

7

Answer: Considering the sensitive nature of the topic and the importance of building trust and engagement, it is advised to limit the workshop's capacity to 15 participants.