



8-Week Course

# **RESILIENT NARRATIVES:** Healing Trauma through Creative Expression

---

[WWW.THANDIMONEE.COM](http://WWW.THANDIMONEE.COM)

All content within this course is the intellectual property of the course developer, Thandi Monee' LLC.  
Any alterations or modifications require written consent.



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



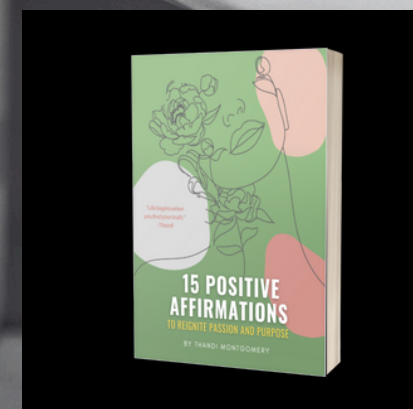
POETRY



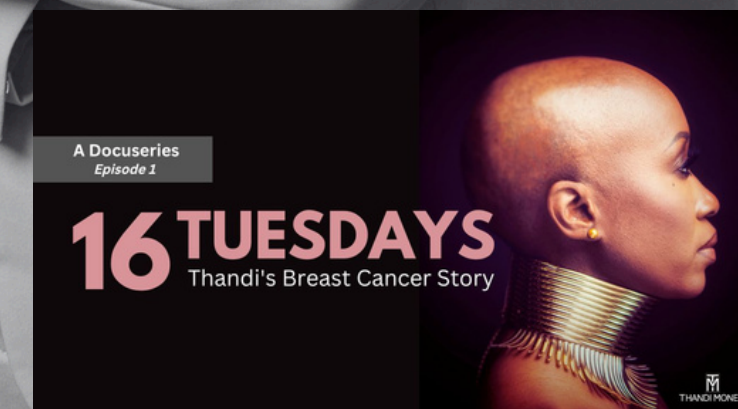
SOCIAL MEDIA  
CAMPAIGNS



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: COURSE OVERVIEW



**Resilient Narratives: Healing Trauma through Creative Expression** is a transformative, hands-on **8-week course** 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 methods for sharing their unique creative expressions.

This course equips participants with the confidence and a step-by-step process to use their existing skills to develop creative expressions. The course also includes modules on how to build trust, how to get into a creative flow state, and how to effectively market their empowering work.

## TARGET AUDIENCE

This course 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 course 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.

## OBJECTIVES AND GOALS

In this course, participants will:

- Build trust and understand how creative expressions impact the healing process.
- Explore different ways to share their creative expressions.
- Address fears and doubts that may come up when they share their creative expressions.
- Receive a step-by-step checklist to help them enter a creative flow state and develop creative expressions.
- Develop affirmations for building confidence and resilience in the storytelling process.
- Identify the equipment needed to develop their creative expression.
- Learn marketing strategies to promote their final output.
- Discover effective ways to use creative expressions to inspire and empower others on a similar healing journey.





***“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.”***

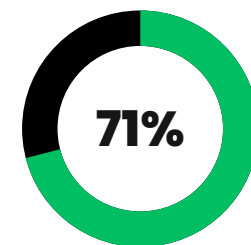
-Shaili Jain

Psychiatrist, PTSD specialist, and Trauma Scientist

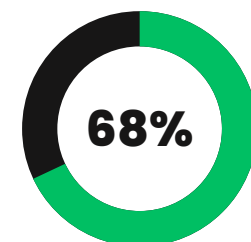
## PARTICIPANT BENEFITS

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





## FINAL OUTPUT

Each participant will have the opportunity to select and develop one of the following creative expressions (based on their existing skill set):

- Art on Canvas or Digital\*
- Book Outline
- Music\*
- Photography Collection\*
- Poetry
- Short Documentary Script
- Speech Outline
- and more

*\* Supplies/equipment are not provided. The participant will be responsible for purchasing the supplies/equipment.*



# LOGISTICS & COURSE INVESTMENT

## FORMAT

### VIRTUAL CLASSES

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

OR

### IN-PERSON

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

## DURATION

- 8 Weeks
- 1 class/week
- 1 hour/class

## MARKETING AND PROMOTION

The instructor will provide marketing material, assessments, and a qualifier survey to each organization to promote the course and gain insight.

## SUPPORT

The instructor will be available via email, phone, and text throughout the course to address any applicable questions.

## EVALUATION AND IMPROVEMENT PLAN

A pre- and post-assessment will be provided to gain feedback and insights regarding the impact of the course and the participant's response to trauma.

## COURSE INVESTMENT (8 WEEKS)

**\$497/participant**

Groups of 5-8 Participants

**\$997/participant**

One-on-one

The investment for each participant must be paid before the first class. If a participant is unable to attend a specific class, they will be responsible for completing the assignment before the next class.

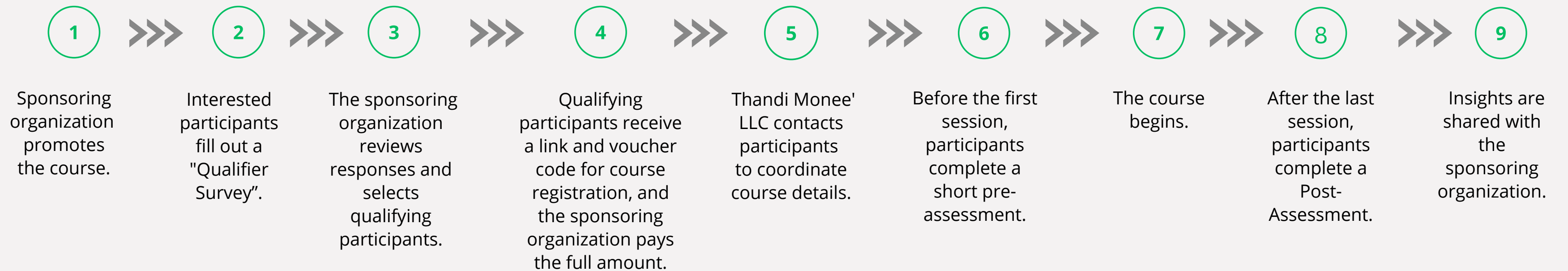




# THE EXPERIENCE



**This step-by-step process ensures a smooth and coordinated journey for participants and the sponsoring organizations.**





# WEEK BY WEEK OVERVIEW



## **WEEK 1: Building the Foundation**

Objective: Participants will discover the power of channeling trauma into creative outlets, explore the elements of storytelling, and find inspiration through a review of existing expressive works.

## **WEEK 2: Overcoming Fears and Building Confidence**

Objective: Participants will choose a personal experience and start documenting their journey using a guided framework and storytelling elements. They will also address emotional challenges, identify fears, and boost confidence while learning how to write affirmations.

## **WEEK 3: Transforming Experiences into Creativity**

Objective: Participants will review their written personal experience and decide which creative expression they want to use to share their story. They will evaluate the pros and cons of each option.

## **WEEK 4: Planning Your Creative Expression**

Objective: Participants will review the creative expression checklist, develop a project plan and identify the equipment and resources needed to develop their creative expression.

## **WEEK 5: Creative Flow State (Part 1)**

Objective: Participants will learn ways to get in the creative zone to enhance their work. They'll also begin creating their creative expressions.

## **WEEK 6: Creative Flow State (Part 2)**

Objective: Participants will continue working on their creative expressions, address new challenges and reflect on the emotional impact of their work.

## **Week 7: Mastering Marketing: Sharing Your Creativity**

Objective: Participants will learn key marketing skills to confidently promote their creative expressions and identify the right audience.

## **Week 8: Creative Showcase**

Objective: Participants will showcase their creative expressions, offer feedback, and reflect on their personal growth throughout the course.





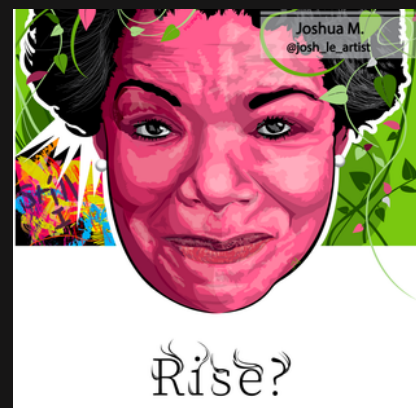
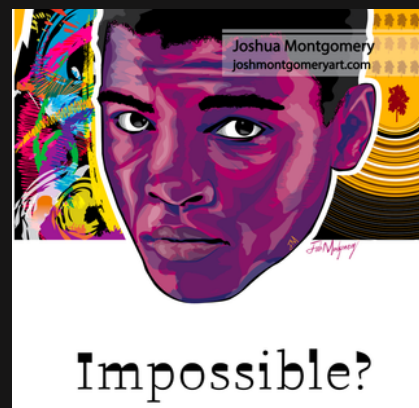
# WHAT OTHERS ARE SAYING

In 2021, my wife's stage 1 breast cancer diagnosis prompted me to turn to art as a coping mechanism. Leading up to Mother's Day 2022, I created portraits and poems that reignited my joy for art, serving as a therapeutic outlet during a challenging time. With my wife's successful cancer treatment and a cancer-free diagnosis, I witnessed firsthand the healing power of art. In 2023, inspired by this transformative experience, I decided to pursue my art career professionally. This testimonial reflects the profound impact of art in navigating adversity and finding renewed purpose.

**Joshua Montgomery**

[www.joshmontgomeryart.com](http://www.joshmontgomeryart.com)

## CONTEMPLATE ART COLLECTION





# PARTICIPANT FEEDBACK & SUCCESS STORIES



It was transformative to be in a group of like-minded women. It was also great to be held accountable for my creativity. The course gave me the motivation to be focused on my dreams and feel safe to look forward to the future and make plans to do the things I have always wanted to do.



You gave me the kickstart I needed to get moving. I will celebrate by attending a book festival where I get to meet other authors.



OK, this music thing is legit! As is being away from distractions. I've been writing for less than two hours and I could not keep up with the words coming out. I put on my playlist...and wrote nearly 2500 words in 90 minutes. I got into the flow and the words just came out.



Thank you for creating a space for us to be vulnerable and share our stories.



Thandi is incredibly supportive and engaging. She has so much knowledge to share and does it in a way that makes you feel seen and supported.



It was the perfect mix of instruction and inspiration. Thandi did that brilliantly.



# ABOUT THE INSTRUCTOR



@ThandiMonee



[www.ThandiMonee.com](http://www.ThandiMonee.com)



850.509.6144



[ThandiMonee@gmail.com](mailto:ThandiMonee@gmail.com)

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."



THANDI MONEE'

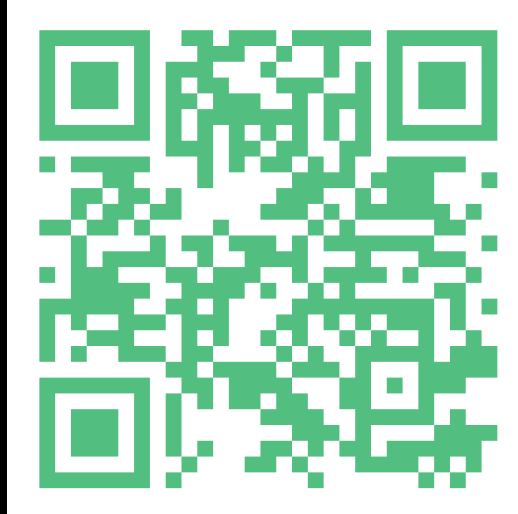




# LET'S TRANSFORM LIVES TOGETHER!

[BOOK A DISCOVERY CALL](#)

[calendly.com/thandimontgomery](https://calendly.com/thandimontgomery)





# FAQs

1

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

**Answer:** This course 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.

2

**Question:** Will supplies and equipment be provided in this course?

**Answer:** No, participants are responsible for obtaining their supplies and equipment.

3

**Question:** Are makeup sessions available?

**Answer:** Due to high demand, makeup sessions are not provided. Participants are responsible for completing missed assignments. The instructor will be available via email or text for any questions.

4

**Question:** Can participants choose more than one creative medium for their expression?

**Answer:** While participants explore multiple creative mediums throughout the course, the final project should focus on a single chosen medium to ensure depth and coherence.

5

**Question:** How much time should participants expect to dedicate to the course each week?

**Answer:** Participants can anticipate to spend 1 hour in class and 30 minutes-1 hour on assignments per week.

6

**Question:** Is financial assistance or scholarships available for the course?

**Answer:** Thandi Monee' LLC does not currently offer financial assistance or scholarships for this course. Participants and or sponsoring organizations are responsible for the course fees.

7

**Question:** Can participants join the course after it has already started?

**Answer:** Unfortunately, participants cannot join the course after it has started. However, future sessions may be available, and interested individuals are encouraged to check for upcoming dates.

