

EMPOWERMENT WORKSHOP

When women are able to control the narrative of their own stories; it is at that point the world is a more palatable place to play. She believed her story was what THEY said about her and then what she said about herself. She gave herself permission to share her TRUTH. In Fee's Empowerment Hour Writer's Workshop (#HerStory), will help to reveal:

- **WHO we are**
- **WHAT we want**
- **WHERE we can go**
- **HOW to get there**

Something powerful, transformative and courageous happens when we are allowed the FREEDOM to create the stories that move us from where we are to where we want to be; whether non-fiction or fiction.

Proposed Workshop

- . (2) day, 4-6-hour per day, weekend (Saturday-Sunday) workshop OR
- . (1) day, 8-hour workshop day after show performance

Course Outline

Learning Objectives:

1. [Facilitator Biography Introduction]
2. [Student I- 2-min "Ice-Breaker Introduction" based on a theme]
3. [4-6 Empowerment Hour Writing Exercises]
4. 3-5 minutes BREAK every 60-minutes
5. [WWYK] Write What You Know
6. [Share writing work]
7. End workshop with:
- 8.. Q & A. Tools. Resources. Possible student showcase performance

Instructor Biography

Fee King was born and raised in Omaha, NE. She trained, studied acting, solo theater show writing in Los Angeles for nearly 21 years. She has appeared on The Shield, The Bold & the Beautiful, the critically acclaimed film Cryptz, several independent short films, twelve stage plays, promos for Lifetime and MTV, and numerous national TV commercials.

In 2005, MOMMA WAS A BAD MUTHA... was nominated for an NAACP Theater award. In 2012-2015, she facilitated intimate writing workshops; along with one-on-one “How to captivate them with your monologue” courses.

In 2007- Fee King conceived, wrote and executive produced a Children’s Lifestyle Fitness Variety Show, for kids, about kids and starring kids titled: “D” Street, starring Josh Duhamel (TV show Las Vegas and Transformers)

In addition to her acting and writing career, Fee king has had the privilege to work as a personal fitness trainer to: young adults, pre-teens, celebrities, talent agent, managers, producers and directors, in the areas of: personal training, nutrition services and massage therapy: Mila Kunis (The Book of Eli, I hate Sarah Marshall, Bad Moms I & II), Stanley Kamel (Monk, 90210), Marla Gibbs (227, The Jeffersons), Vincent Cirrincione (Halle Berry & Taraji P. Henson’s Manager), Amy Bruckner (Disney’s Phil of the Future) and Caroline Aaron (Host of NBC’s Biggest Loser) and personal massage therapist for Common (Rapper/Actor) and Lennox Lewis (Heavy Weight Boxing Champ .

Fee’s goal and mission are to share snippets of her NAACP nominated 1-woman show as the centerpiece tool to support young people in telling their stories. Fee’s Empowerment Hour Writer’s Workshop youth outreach vehicle was created to Empower, Inspire and Improve the lives of those who have the right to be heard, those at a disadvantage and those living in underserved communities.

Supplies Required

1. pencils
2. Note pads