

I attended my first 1-woman show, starring an actress named Joyce Guy. It was the most amazing, brilliant and terrifying thing I'd ever experienced. This woman owned a black box stage all by her lonesome. She told her story in a beautifully magical way. I was mesmerized and sold. The person who took me to see this show was a director. I shared with her that I, too, wanted to write a 1-woman show. She said to me, "Sweetie - you haven't lived enough to write a 1-woman show". Oh, that meant I had to be in my 40's. Needless to say, I knew I had a story in me that would not only offer to heal to others; but could help me heal some of my past childhood scars.

In 2005, I wrote, produced and performed my autobiographical 1-woman show titled "Momma Was A Bad Mutha...Shut Yo Mouth". The story of a young girl's untimely coming of age amidst her mother's wild and raucous weekend house parties. This show garnered me an NAACP-nomination. I've had the great pleasure of touring this show throughout the US and Edinburgh, Scotland. I am in the process of writing my second solo show along with my memoir.

In 2008, I Created, Wrote the Pilot and Executive Produced an E-Magazine Lifestyle Fitness Show, starring Josh Duhamel (Transformers) For Kids...About Kids and Starring Kids leading a Healthy, Fun and Fit lifestyle - featuring a How-To cooking segment with the World's Youngest Chef, Go-To-Guy's Fitness advice segment and our regular in-studio dance segment-titled "D Street"

In 2012, I Created an online talk-show titled "The DatingAdvice411" Datingadvice411 is your dating solution hub. This non-scripted internet show is chock full of laughs, real-life stories, testimonies, and interviews. I've been around the block a time or two or more; which of course makes me an EXPERT. Datingadvice411 is a format that confirms we are ALL connected. We ALL want to experience love, share the love and receive love. Dating is only one aspect of attaining that love. With that, comes understanding, wisdom, patience, perseverance, and stick-to-it-tiveness or knowing when to get the heck out of the kitchen; cause it's hot as a hooker in church. Share in this exchange of ideas, suggestions, tips, and tools on how to get more out of your dating life. You may have to kiss a few frogs until you get to your Prince or Princess, but staying the course will get you there. Don't take it soo serious ya'll. Just have fun with it; while being specific and focused on the Who, What and the When!

Workshop Example:

. Ice-Breaker - Get to Know WHO the attendees are'In-Class Exercises and Games: Set your Topic to Song;

- . Finding topics which interest attendees;
- . Sharing their works-in-progress with each other;
- . Giving and receiving peer responses to ideas, style, and structure of pieces;
- . Learning how to give constructive criticism to themselves as well as to their peers;

Learning skills and techniques of writing in the context of their own stories, (Fiction/Non-Fiction/Fantasy) spoken word, journals, plays, poems, and performance pieces;

Discovering new methods of expressing story ideas through hearing what others have written, and by sharing the insights they've gained in their own writing

