

**MÓNICA GÓMEZ**  
PERFORMING SONGWRITER & TEACHING ARTIST  
908 De Leon • El Paso, Texas 79912-4949  
915-584-9298 • [monica@monicagomez.com](mailto:monica@monicagomez.com) • [www.monicagomez.com](http://www.monicagomez.com)

---

### EDUCATION PROGRAMS

**Workshops:** 1-hour to 2-days

**Residencies:** Up to 2-weeks

**Youth:** Ages ten and older, especially gifted/talented, at-risk or incarcerated juveniles. Workshops are compatible with English/language arts, social studies, music, science, visual arts and physical education classes and library programs.

**Adults:** Teacher in-service trainings; university personal/character development sessions; professional retreats; senior/retirement centers; community centers; correctional facilities.

**Disciplines:** Writing, meditative movement from the internal arts of *T'ai Chi* and *Chi Gung*, music and humor.

**Bilingual:** I can conduct workshops in English and/or Spanish.

**Focus:** The power of personal artistic expression, especially writing, to transform unconscious beliefs and behaviors into conscious choices. The expanded vocabulary of multiple disciplines facilitates effective communication with people of diverse ages, learning styles, cultures, and experience.

**Applications:** Some of the topics addressed in workshops include...

- Artistic expression: It's not just for eccentrics anymore
- Stress: Managing your monsters
- Confidence: Taming performance anxiety
- Personal identity: Peer pressure and popularity vs. individual family values
- High-risk behaviors: Getting a rush...legally
- Maturity: Growing up without giving up
- Professional Burnout: How to nurture the dream without neglecting the dreamer
- Retirement: Do you really want to live in a motor home...or was that his idea?

**General Outline:**

**Introduction:** Set participants at ease, laugh, tell them what to expect.

**Writing:** Use discussion, interaction and/or song to set up writing exercise.

Some prompts include pairing participants for interaction.

Three to ten minutes of writing time.

Participants read their work.

Workshops include as many exercises as time permits.

**Movement:** Introduce the internal martial arts.

Relate concepts of yin / yang to daily life.

Seated and/or standing *Chi Gung* and *T'ai Chi* exercises.

Teach covert use of relaxation techniques.

**Combination:** Set up writing exercise using internal arts concepts.

Integrate music and breath with final readings.