

The benefits of constructive  
Self-expression

Hosted by  
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Singer,  
Songwriter

Voice  
&  
Language  
Instructor

FranZie Jean-Louis

Presents

"The benefits of constructive  
Self-expression"

## I. Musical Introduction:

Hurricane: Performed by UNABATED  
(Live CD recording)

(Lyrics & Vocals By Franzie)

Here we go, here we go, here we go!  
Wanna feel the funk in here.  
Gotta have a different groove.  
Gotta have a groove that's "you".  
Gotta have a groove let's you move.  
Gotta have a groove that makes you feel alive.  
Gotta have a groove you ain't afraid to hide.  
In the way you walk.  
In the way you talk.  
In the way you dance.  
In the way you glance.  
In the way you ride.  
In the way you slide.  
In the way you SMILE ;o).

### The benefits of constructive self-expression

## II. Greeting/Presenting myself

Singer, songwriter and voice/language coach from Miami,  
Florida.

"In learning to express myself in a constructive manner I've become self-confident and have also acquired a potent stress management tool. My words and my voice have become vessels of self-motivation and encouragement, which now accompany me through adversity and triumph. And I hope one day to have the opportunity to communicate my individuality in a manner that improves and advances someone else's existence."

## III. Services:

1. What does constructive mean?  
Constructive means something that serves to improve or advance - something that's considered helpful.
2. What does self-expression consist of?  
Self-expression is a manifestation of one's personality, feelings or ideas usually in an artistic form (words, art, music and movement).
3. How does constructive self-expression apply to you?  
Business Presentations:  
Public Speaking Workshops  
Human resources management:  
(Voice lessons, stress management workshops, acting lessons)  
Coping with Adolescence:  
(Private motivational /artistic coaching sessions)  
Social Exclusion:  
(Social Generational Exchange at Country Club & Nursing Home s)  
Weight Management/Social Isolation:  
(Private/group counseling with application of yoga, meditation and singing techniques)  
Young children:  
(Artistic awakening play-shops in schools)

4. What are the concrete benefits?  
Self-confidence and stress management.

## IV. Conclusion:

- Live Performance (acapella).
- New York New York (John Kander/Fred Ebb).
- Nobody knows the trouble I've seen (Negro Spiritual).