

SUSAN WHITE
TRAININGS & PROFESSIONAL PRACTICES

BA Hons English Language & Literature

- * Imagination Design & Communications Agency, London 1980s.
- * Founded own research/communication services: *First Marketing & Mosaic Research*, London 1989.
Flourished throughout 1990s offering creative collaborations, complex negotiations, communication.

RSA TEFLA Cambridge Board • TEFLA Teaching English Language to Adults, 1993 (voluntary outreach)

- * Millennium decision to stop! To bring central to my life all truly inspires, uplifts and brings joy.

GUILDHALL SCHOOL of MUSIC and DRAMA London 2001-2002

LGSM Diploma Teaching Spoken Word • My Research: My Word is My Bond – Spoken Trust in Trading.

ROYAL CENTRAL SCHOOL of SPEECH and DRAMA London 2004-2005

MA Voice Studies Distinction

Deeply practical development + immersive training in Experiential Voice and Pedagogy-Teaching.

(Spoken Vocal Sound, Text, Anatomy, Physiology, Breath, Acoustics, Teaching Practice, Research).

- * *MA Research: Received Communication*

Selected Sufi Mystic poetry *spoken live* in Persian - recorded live at *Talking Books Studios* London.

Investigated all that could be heard, sensed or imagined by Western sensibilities in these spoken sounds.

How contemporary 'ears may see and eyes may listen' to the sounds of ancient transcendent mysticism.

A native Persian Storyteller, RSC Stratford and Shakespeare's Globe kindly participated in my research.

- * **PER SONA TRUE COMMUNICATION 2005 – current**

PROFESSIONAL SPOKEN VOICE • DEEP LISTENING • CONFIDENCE • PRESENCE

PRIVATE PRACTITIONER • COACH • TRAINER • EDUCATOR • CREATIVE ENABLER

How to communicate with *eloquence and ease* professionally and for wonderful everyday people.

- * **NARRATORS/ACTOR/STORY-TELLERS** – *Experiential* training in self-regulation, professional voice of connection, resonance and flow. *Technical training*: stamina, range, credibility, character + accents. How to dissolve fear and ease ego-self out of the way to sustain connection – how to sense and trust this.
- * **AWARENESS-REALISATION** – range of breath-flow, visualising voice, dream-matrix, meditation, pause, sensory-synthesis, cultural beliefs and own creativity - *across creative expressions*.
Profoundly all about 'how', the felt-sense of expression enriching and honouring 'what' is created.
- * **ART** – enabling visual artists to find creative impulse, consistent inner stillness, manage mojo, allow flow.
- * **WRITING** – enabling writers and poets from internal inspiration, often intensely exactly so – in flow!

PSYCHOLOGICAL TRAINING underpins my **PHYSO-PHYSICAL EXPERIENTIAL GUIDING**

- * Psychotherapy Diploma UKCP • Jungian Psychology • Jungian Individuation • James Hillman
- * Ego-State Therapy Diploma (live training with Gordon Emmerson Melbourne Australia)
- * CPD • Confer • Mind-Body-Spirit • Alternatives • Richard Olivier Shakespeare @ Findhorn
- * Clinical Hypnotherapy Master Practitioner Diploma (live training London)
- * Lasater Restorative Yoga Teaching Diploma (live training London)
- * Anatomy & Physiology (Bunch et al) • Alexander Technique
- * **MY PRIVATE PRACTICE** to explore life and resolve concerns in confidence: *Aspects of Self*.

CREATIVE IMMERSION & THE WAY – personal immersion, enrichment and practises:

- * World Literature: depth reading across genres, cultures and deep time.
- * Own Writing: metaphoric, poetic-prose, encounters with 'koan'.
- * Experiential Writing Sessions with Carol Ann Duffy, Susan Frybort, Natalie Goldberg, Philip Gross, Tania Herschman, Chris McCabe, Glyn Maxwell, Kim Moore, Don Patterson, et al.
- * Chinese Brush Painting with Chinese Artist Su Laoshi – 5 years of beautifully creative Saturdays!
- * Eastern Consciousness Studies • Traditional Arts • Indigenous Creativity • Petroglyphs – over 35+ years.
- * Spiritual Transcendence through Creativity – Cecil Collins • Alchemy • Jung • James Hillman.
- * Sacred Geometry – Tom Bree • Samira Mian.
- * Pigments + Colour Vibration and Harmony – Spike Bucklow • David Cranswick
- * *Current focus: Meta-physical Gaia intelligence between sentients, landscapes, seasons + elements.*
Creative expression in relationship with land, light and weather - through traditions and transitions.
- * **MEADOWLORE** – *Vocational Creative Outreach via Online Meadows via eventbrite - free!*