

DISCOVER

Creative & Expressive Arts Catalogue

Workshops, Playshops, and Series for
Artists, Storytellers & Creative Communities.

with Jennifer Norton

Oracle ✨ Life Artist ✨ Spiritual Practitioner

Creativity as prayer, story as healing, art as spiritual practice.

Welcome, Creative Souls



This Creative & Expressive Arts catalogue gathers offerings that honor art-making as spiritual practice & expression as a path of healing & awakening.

These experiences are designed for communities who want to explore creativity not just as “talent,” but as a sacred, accessible inheritance.

Who This Catalogue Serves

- Artists & Creatives
- Writers, Poets & Storytellers
- Speakers (Ministers, Influencers, Educators)
- Performing Artists (Actors, Dancers, Musicians, Directors)
- Expressive Arts Therapy Groups
- Creative Entrepreneurs & Facilitators
- Community Arts & Culture Spaces
- Creative Writing Programs & Book Clubs
- Arts-in-Health / Hospital Arts & Wellness Programs

How to Use This Catalogue



- **Browse by creative pathway:**

Offerings are grouped into three streams:

- A. Performance & Presence Arts
- B. Writing & Story Arts
- C. Visual, Ritual & Life Artistry

- **Choose a format:** Many can be offered as a single seminar, playshop, or multi-session course.

- **Curate a season:** Combine several offerings to create a creative arts series, summer intensive, or themed retreat.

- **Collaborate:** Share your space, audience, and goals; we'll shape a custom program that fits your people.

About Jennifer

Jennifer Norton is a Life Artist, Oracle, & Spiritual Practitioner with a BFA in Drama & a lifelong devotion to the Arts. She has served as an actor, director, painter, speaker, writer, & teacher, weaving together performance, visual art, contemplative writing, & prayer. Jennifer's work invites people to experience creativity as a living dialogue with Spirit that is playful, healing, & profoundly empowering. Jennifer's book, *Embracing Brilliance: Contemplations on Liberating Our True Nature*, inspires many of the offerings in this catalogue.

Performance & Presence Arts

These offerings support performers, speakers, & guides in becoming more authentic, grounded, & creatively alive in front of others, be it on camera, on stage, or in sacred spaces.

Acting for the Camera

A supportive exploration of on-camera acting craft, presence, & emotional truth for actors & aspiring actors.

Camera Presence for Non-Actors

For teachers, leaders, & facilitators who serve on camera & want to feel relaxed, natural, & engaging through the screen.

On-Stage / On-Camera Performance

A deep-dive into performance skills, presence, & storytelling for those who speak, sing, or perform live or on film.

Public Speaking

Practical & soulful tools to help speakers organize content, calm nerves, & deliver talks that feel genuine and impactful.

Repetition Technique

Discover the power of repeated word & phrase as spiritual technology for re-patterning thought & consciousness; based on the Meisner Technique.

Authentic Voice

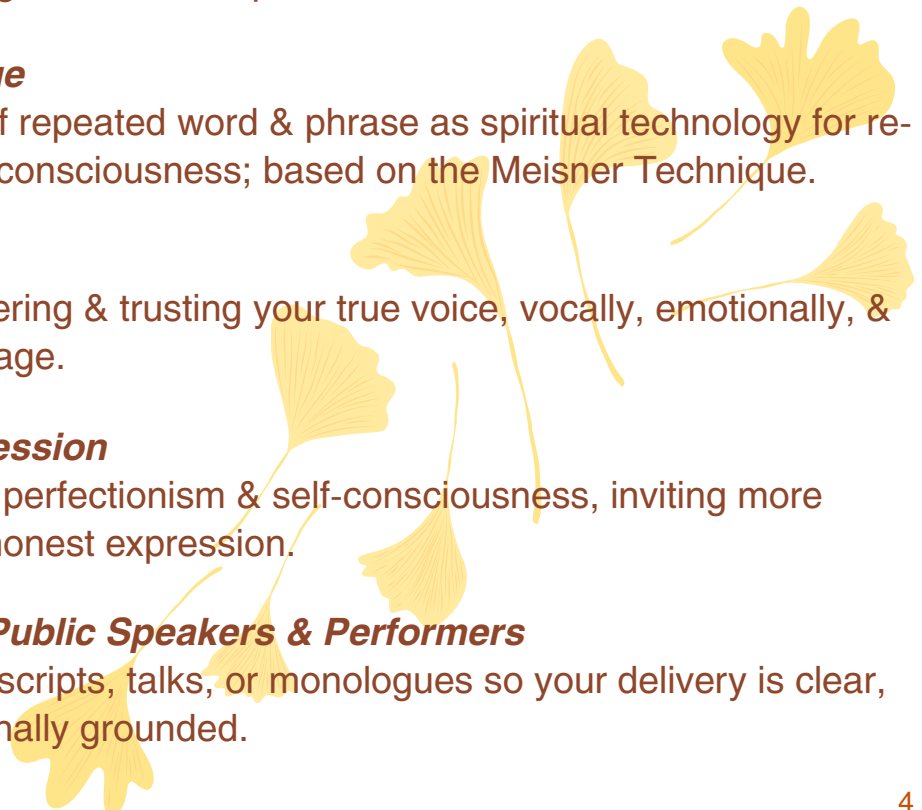
A journey into discovering & trusting your true voice, vocally, emotionally, & creatively, on & off stage.

Authentic Self Expression

A playshop to loosen perfectionism & self-consciousness, inviting more spontaneity, play, & honest expression.

Script Analysis for Public Speakers & Performers

Learn to break down scripts, talks, or monologues so your delivery is clear, compelling, & emotionally grounded.



Writing & Story Arts

These offerings support people in finding their voice on the page; for healing, clarity, teaching, & creative joy.

Storytelling 101: Nurturing a True Story from Seed to Blossom

Learn to shape a true story from raw memory into a meaningful, shareable narrative.

Communication 101: Extraordinary Storytelling

For guides, leaders, educators, & facilitators who rely on story to connect, teach, & inspire.

Creative Journaling

Guided prompts & playful structures that turn journaling into a sacred mirror for insight & creative flow.

Journal Writing Series

A multi-session journey into journaling as a regular spiritual & creative practice.

Expressive Writing

A compassionate space for writing through grief, transition, & healing, focused on release, clarity, & integration.

Scriptio Divina

“Divine Writing” as contemplative practice: listening for Spirit through the pen, using writing as prayer & revelation.

Speech Writing

Shape talks, sermons, keynotes, or presentations with structure, rhythm, & story so your messages truly land.



Visual, Ritual & Life Artistry

These offerings bring together color, form, ritual, & daily living as expressions of spiritual creativity & Life Artistry.

Fine Arts Playshops

A family of art-based experiences (such as Neuro-Graphic Drawing, Chanting Mandalas, Shadow Boxes, Channeling Creativity, etc.) where process, not perfection, is the point.

Scriptio Divina

A contemplative practice of listening for the voice of Spirit through the act of writing. Inspired by Lectio Divina, we move through stages of receiving, reflecting, responding on the page, and resting in silence.

Creative Genius

A multi-week program awakening each person's inner Creative Genius through meditation, contemplation, & creative exercises.

Life Artistry - Balance & Order

Explore your life as a canvas & design rhythms, structures, and practices that support beauty, balance, and purpose.

Meditation of Movement

Gentle, intuitive movement as prayer & creative expression—no dance experience required, just willingness to listen to the body.

AweStruck

Practices that train attention toward wonder & beauty in everyday life, using awe as a creative & spiritual catalyst.

Embracing Brilliance: Contemplations on Liberating Our True Nature may serve as a bridge between certain Creative & Spiritual offerings.



Curated Creative Journeys

Here are a few examples of possible combinations within the Creative & Expressive Arts Catalogue.

For Performing Artists & Speakers

Acting for the Camera · On-Stage / On-Camera Performance · Authentic Voice · Script Analysis

For Writers & Storytellers

Storytelling 101 · Creative Journaling · Expressive Writing · Communication 101 – Extraordinary Storytelling

For Community Arts & Wellness Spaces

Fine Arts Playshops · Sacred Strands · Meditation of Movement · AweStruck

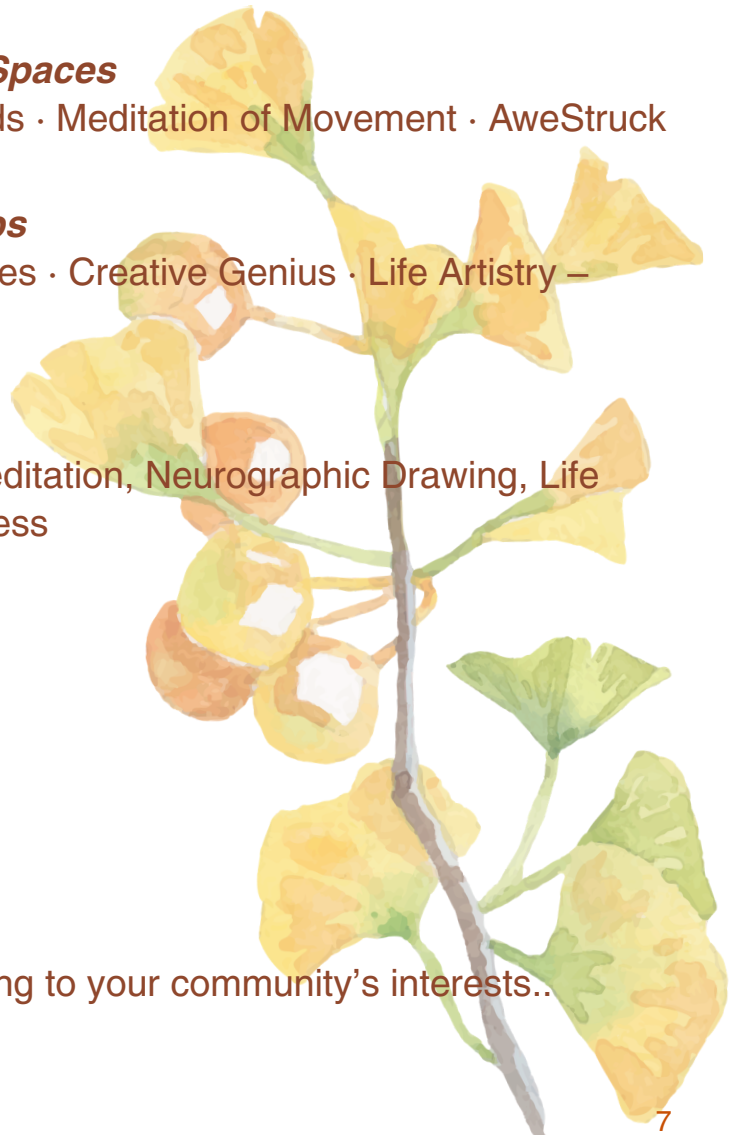
For Spiritual Centers & Book Clubs

Scriptio Divina · Journal Writing Series · Creative Genius · Life Artistry – Balance & Order

The Embracing Brilliance Series

Embracing Brilliance™, Entering Meditation, Neurographic Drawing, Life Visioning™, The Power of Forgiveness

Or a combination we create according to your community's interests..



How to Bring These Offerings to Your Community

Formats

Most offerings are available as a 90-minute seminar, half- or full-day playshop, or a multi-session course/series.

Delivery

Sessions can be virtual (Zoom) or in person, depending on location & logistics.

Customization

Together we can tailor offerings to your audience: performing artists, writers, students, arts therapists, spiritual communities, or mixed groups.

Inquiries & Booking

✉ Jennifer@jennorton.com

🌐 www.jennorton.com

Let's co-create a program that honors your priorities, your space, & the unique artistry of your community.

May every gathering we create together be a portal into deeper Love, greater Freedom, & the remembrance of our shared Brilliance.