

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

Pathway A · Performance & Presence Arts

These offerings support performers, speakers, and guides in becoming more authentic, grounded, and 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, and emotional truth for actors and aspiring actors.

Camera Presence for Non-Actors

For teachers, leaders, and facilitators who appear on video and want to feel relaxed, natural, and engaging on screen.

On-Stage / On-Camera Performance

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

Public Speaking

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

Repetition Technique

Discover the power of repeated word and phrase as spiritual technology for re-patterning thought and consciousness.

Authentic Voice

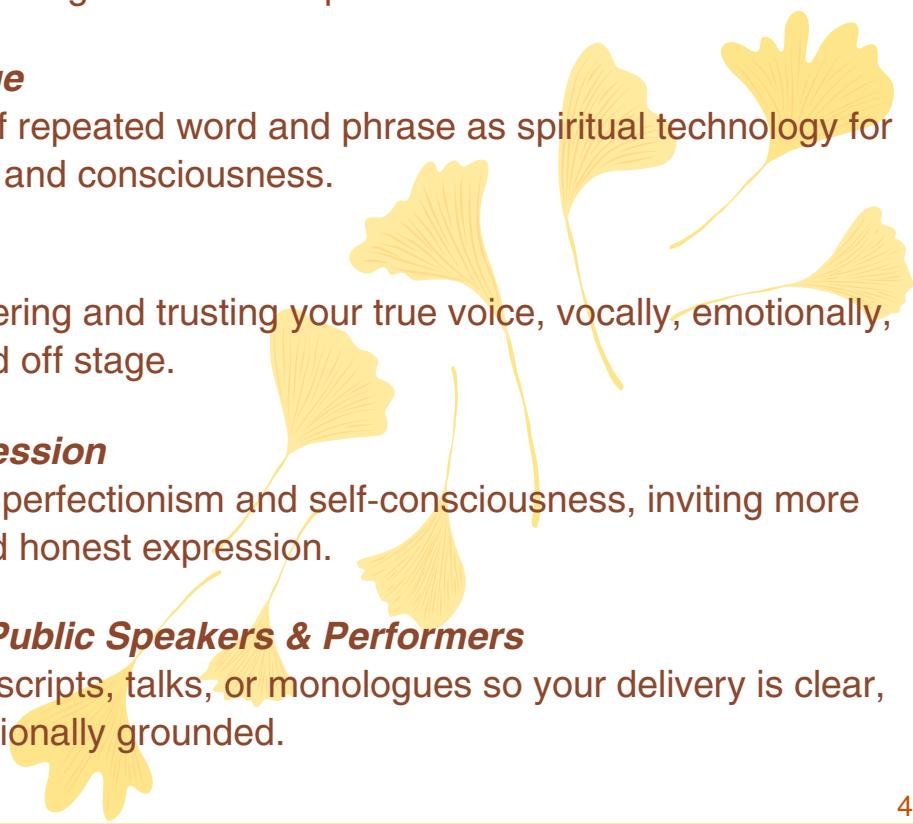
A journey into discovering and trusting your true voice, vocally, emotionally, and creatively, on and off stage.

Authentic Self Expression

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

Script Analysis for Public Speakers & Performers

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



Pathway B · Writing & Story Arts

These offerings support people in finding their voice on the page; for healing, clarity, teaching, and 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, and facilitators who rely on story to connect, teach, and inspire.

Creative Journaling

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

Journal Writing Series

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

Expressive Writing

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

Scriptio Divina

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

Speech Writing

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



Pathway C · Visual, Ritual & Life Artistry

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

Fine Arts Playshops

A family of art-based experiences—such as Neuro-Graphic Drawing, Mandalas with chant, and Channeling Creativity—where process, not perfection, is the point.

Sacred Strands – A Prayer Bead Playshop

Create personal prayer beads and learn how to use them as a tactile, daily ritual of devotion and intention.

Creative Genius

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

Life Artistry – Balance & Order

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

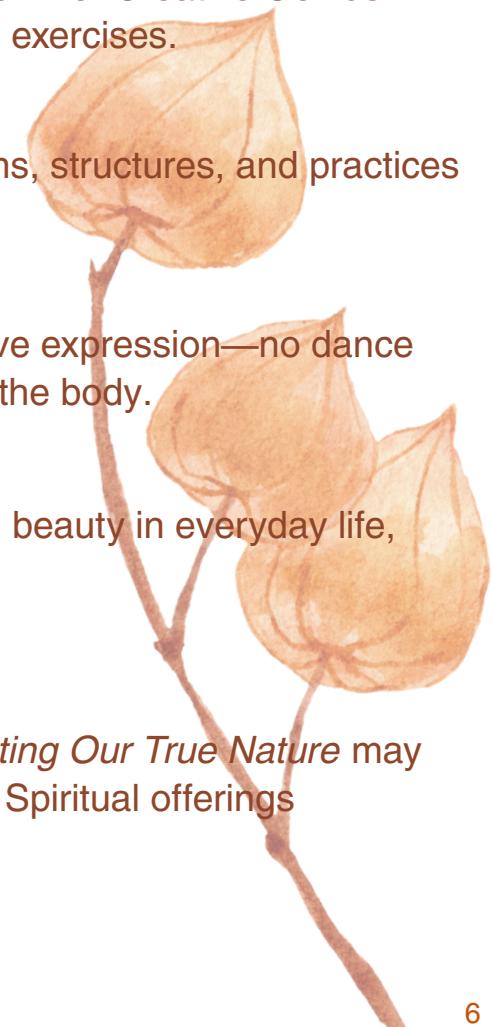
Meditation of Movement

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

AweStruck

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

Embracing Brilliance: Contemplations on Liberating Our True Nature may serve as a bridge between certain Creative and 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

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 and 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, and the unique artistry of your community.

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