

Self-Love and Beauty

Workshop by David A. Romero

\$1000 for 2 hr workshop

UNE English Club Presents...

Spoken Word Artist
DAVID A. ROMERO

Come and join a workshop entitled
"Self-Love & Beauty" led by David!

Includes a spoken word
performance AND the chance to write
your own poetry!

Check out David A. Romero:
<http://www.davidaromero.com/>
For more info on the Workshop:
<http://www.davidaromero.com/workshops>
For more info on the event please
email: asachse@une.edu

Hope to see YOU there!

MARCH 2ND @
6:00PM!
LOCATION TBD

ALL AGES

Schedule:

Performance of poems - 10 minutes
Exquisite corpse poem exercise - 10 minutes
Reading of selection of poems on self-esteem and beauty - 10 minutes
Discussion on beauty standards - 10 minutes
Outline exercise and reflection - 20 minutes
Student writing time / mirror exercise - 30 minutes
Student reading time - 20 minutes
Student discussion time - 10 minutes

Total time: 120 minutes (2 hrs)

Description:

Students are given a handout with an outline of a person. On the outside of the drawing they are asked to write down adjectives that other people would use to describe them.

On the inside of the outline, they write down adjectives they would use to describe themselves.

Students write poems where they contrast these often negative and positive feelings. They examine parts of their body that they might feel uncomfortable with. They learn how to transform these parts that others would make them feel insecure about into features of pride and self-love.

*This workshop also includes an optional element in which students are encouraged to pair up and go towards a private bathroom. As they stand in front of the mirror, they are invited to look themselves over, taking time to appreciate themselves, and to give themselves a compliment as they make eye contact with their own reflection. They will tell themselves, "I love you." They will give each other hugs and return.

Purpose:

Self-Love and Beauty is a workshop focused on esteem and health. It is a chance for students to vent out frustrations they may have had with their bodies, discuss society's unrealistic standards of beauty and continue a process of healing to fully appreciate themselves.

Self-Love and Beauty has been presented at:

- The National Conference on Race and Ethnicity in American Higher Education (NCORE)
- St. Cloud State University in St. Cloud, Minnesota
- University of New England in Biddeford, Maine
- Orangewood Foundation in Santa Ana, California

Flyers:

David A. Romero has not yet developed a flyer template for this workshop. If you decide to book Self-Love and Beauty, Romero can design a flyer for the event for no extra fee.

More:

Longer workshops, as well as multiple sessions, to culminate in a student "Slam," (poetry competition) can be negotiated.

Professional-looking books and chapbooks to collect student work produced during workshops to be made available two months after workshops are conducted can also be negotiated.

*All workshops include a performance from David A. Romero.

**Workshop does not require multimedia. Paper and writing utensils must be provided by students or host institution(s). A supply of tissues, snacks, pillows, and other items of comfort, is encouraged.

\$1000 (plus travel and lodging)

Travel and lodging can be handled in two ways: 1) the university makes the arrangements on Romero's behalf (preferred) or, 2) Romero makes the arrangements and is reimbursed with the total check.

For booking, contact: davidaromero@gmail.com