

# NATASHA CARRIZOSA

**Natasha Carrizosa**, is a teacher, poet, writer, author, MC – master of ceremonies, keynote speaker, facilitator and spoken word artist. She amazes her audience as she speaks about the beauty and appreciation of our diversity that lives within us all.

She is the daughter of an African-American mother and Mexican immigrant father. Her book, *Crown* is all about being your authentic self, overcoming adversity, mindfulness and self-care, spirituality, motherhood, teenage life, gratitude, hopes & dreams, growing up different (roots) from bullying to self-actualization (crown).

Her love for the arts inspired the creation of Natty Roots & Rhyme, one of the most dynamic poetry open mics in the country.

**“You’ve got to get heavy, if you want to be the light”**



**BOOK THIS SERIES**



## Get Your Mind Write!

Defining self and freedom of expression is vital to the individual. This is especially true for young people. Writing is a powerful tool. It can be an avenue of self-discovery, creativity, our connection to the world around us and self-care. This series is specifically designed to provoke thought, invoke self-actualization,

**Sessions can be virtual or face-to-face and customized for students, parents and/or teachers.**

reflect on the personal narrative and promote positive mental health through writing and positive forms of self-expression. It stands alone but can be used interchangeably with the book - crown, written by Natasha Carrizosa.

### SERIES OBJECTIVES:

- *Students will be able to learn strategies to help them overcome the obstacles between themselves and college.*
- *Students will be able to learn strategies to help them bounce back from academic setbacks that occurred in the past.*
- *Students will be able to create tangible and realistic goals for themselves.*
- *Students will be able to develop and reinforce the confidence they need to finish high school strong.*



# SERIES SESSION OUTLINE

Duration of all Sessions: 45-90 min

Session descriptions available upon request

## Session 1: Keeper of the Crown **Virtual** **Face-to-Face**

- Keynote Presentation

## Session 2: Get Your Mind Write **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
  - Participants will create brave-space for authentic discussion and creative writing
  - Participants will reflect on personal mental health and mindfulness practices
  - Participants will receive tangible list of invaluable mental health & mindfulness resources & exercises
  - Participants will be free to express themselves

## Session 3: Deeply-rooted Rich **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
  - Think/pair/share
  - Practice letter writing (sacrifice, honor, & gratitude)
  - Free write & share in an open mic (should they choose)

## Session 4: Respect the Mic **Virtual** **Face-to-Face**

- Learning Objectives: **Students will...**
  - Practice Self-Respect and respect of others
  - Explore Word Sound Power
  - Student voice will be honored & celebrated in an open mic

## Session 5: Stuck in the Middle (or, nah) **Virtual** **Face-to-Face**

- Learning Objectives: **Students will...**
  - Create brave-space for authentic discussion and creative writing
  - Write based on writing prompts provided by natty
  - Reflect on personal middle school journeys
  - Recognize, honor, and celebrate the power of voices
  - Think/pair/share - open mic

## Session 6: Unlimited Edition **Virtual** **Face-to-Face**

- Learning Objectives: **Students will...**
  - Reflect on personal high school journeys
  - Set & write personal goals
  - Have the opportunity to share in an open mic

## Session 7: stones. throne. **Virtual** **Face-to-Face**

- Learning Objectives: **Participants will...**
  - a. Practice mindfulness
  - b. Build connections
  - c. Practice self-reflection and write (based on specific prompts)



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# SERIES SESSION OUTLINE

*Duration of all Sessions: 45-90 min*

*Session descriptions available upon request*

## Session 8: Orgullo: pen pointing the inside **Virtual** **Face-to-Face**

- Learning Objectives: **Parents will...**
  - a. Create brave-space for authentic discussion & creative writing
  - b. Reflect on personal histories
  - c. Practice mindfulness
  - d. Recognize the power of connection. (Particularly, with your past and the effect it has on your future.)
  - e. Examine personal growth and facilitate change through the arts of writing & storytelling (based on specific prompts)



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