



C.O.N.N.E.C.T.

The seven keys of the work, in my own artwork

Not steps or modules: the keys weave through every session, back and forward, a moving, living process.

Welcome — and thank you for listening. If you heard my conversation with Bruce Barnes and something in it spoke to you, this page is my gift to you: the seven keys of the work, in my own artwork. I hope they meet you where you are.

— Mennette

C

Connect with breath *your true voice*

Where the work begins: breath before words.

O

Open to the present *your authentic voice*

Presence begins in your body, in this moment, before a word is spoken.

N

Navigate new skills *your creative voice*

An actor's tools, learned on your feet.

N

Nurture your new awareness *your powerful voice*

New awareness takes root in relationship: a caring, experienced mentor and a supportive, powerful cohort.

E

Energize your spirit *your compelling voice*

Specific, felt energies enliven your communication: how you feel, and where you feel it.

C

Communicate with power *your inspiring voice*

Bring life and spontaneity even to memorized words, then to your own. A learnable, replicable, reliable skill.

T

Transform your world *your voice and your vision*

The result: your ideas, your leadership, your purpose and your vision, carried into the rooms where they matter.

C.O.N.N.E.C.T. to a voice that holds the room

Unleashing the Voice That Holds the Room: A Guided Embodied Exploration

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- C** **Connect with your breath.** Your breath gives you life — and gives life to your voice. It sets vibration in motion, filling your body with sound and sending resonant sound waves outward to be felt as much as heard — directly into the bones and bodies of your listeners. It modulates and regulates emotions as fear ebbs. Breath is the bridge between body, mind, spirit, and sound. Breath is where truth, presence, and authentic power begin.
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- O** **Open to your body.** A tightly held and armored body holds a tightly held and armored voice. Yet when tension releases and the body opens, breath and sound flow freely. Sensation in the body returns — a warmth in the chest, a flutter in the belly, a new strength in the core — and a felt presence awakens. Emotion may be shaped in the brain, but it's felt in the body. A fully open body meets the moment with availability, vulnerability, and grounded power.
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- N** **New skills become your new possibilities.** Through the embodied tools of the actor's craft — breath, movement, imagination, and language — you retrain how voice and body merge. Refined for generations in the world's leading acting conservatories, these skills build sensory awareness and carve new neural pathways for ease in expression — modulating and regulating the nervous system. Authentic communication thrives when one no longer needs to carefully compose the melody of pitch, pace, volume, and tone or choreograph the dance of movement and gesture. Performance becomes presence, and spontaneous expression of sound and movement comes alive with creativity, clarity, and truth.
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- N** **Nurture your new awareness.** Repetition in shared exploration turns awareness into freedom. Guided practice with a caring mentor in a supportive cohort converts new choices into familiar experience and strengthens new neural pathways, further releasing the need for choreography and control. The music of pitch, pace, tone, and volume — the dance of movement and gesture — continues to arise and integrate even more naturally. Expression becomes embodied. Confidence grows internally and organically. Connection deepens.
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- E** **Energize your spirit.** Energy felt within is the living spark that gives the voice life. It rises as felt sensation — a buoyant joyous lift through the heart, a radiant flutter of excitement at your center, a grounded power in the core. Through playful exploration of text and sound, joined with the music of the open vowels, the sparkle of the musical consonants, and the potency of resonant tone, the voice awakens with rhythm and vitality — instinctive and creative.
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- C** **Communicate with your presence & power.** Working with language from master playwrights, poets, speakers, and sacred texts awakens emotional truth and spontaneity. Short memorized passages train instinct and deepen expressive range. When you can bring these memorized texts fully alive, then your own composed words — memorized or spontaneous — grow more vivid, grounded, and true, carrying greater life and power in both your voice and your writing.
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- T** **Transform your world.** Reawaken the voice you were born to bring — a voice that changes hearts and minds, ignites movements, sparks bold, brave action, and shapes a world of justice, dignity, inclusion, and truth. Rooted in breath and alive with energy, your voice moves through resistance with clarity and courage. This is the sound of transformation. This becomes the world you were born to create.
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