

Inspirational Workshops & Performances

Everyone has a story. After Amy's was featured on TODAY with Kathie Lee and Hoda, she was inspired to bring it to the NYC stage in 2012. Ever since, Amy has aspired to bring out the stories that unite us all.

Celebrating Life's Beautiful Detours

Amy leads a workshop in which she shares her near death experience and unique personal story with humor, hunger and heart, highlighting the disappointments, struggles, triumphs, and gratitude in life, on a musical journey of hope, determination, and perseverance. A celebration of life through creativity, passion, and resilience, Amy shares what trauma can teach all of us. Just as suffering is relative, healing is a human right, as natural as learning, evolving, and changing. Amy will share how passion fueled her success and turned her hunger into an insatiable entrepreneurial drive. Amy will perform segments of her autobiographical one-woman musical, talk about the healing process of telling her story, and provide tools for others to do the same.

Amy leads interactive workshops for groups of any size, ideal for:

- Hospitals
- Foundations
- Benefits
- Fundraisers
- Conferences
- Corporate Meetings
- Team-building
- Retreats
- Expressive learning and growth opportunities
- Support groups
- Schools
- Universities
- Theatres
- Festivals

Themes include

- The Power of Words and Telling Our Stories
- Acceptance, Gratitude, Joy, Success – The Path To Aliveness
- Navigating Your Beautiful Detours
- Creativity: Seeing Things Differently
- Creating Anchors: Using Uncertainty as a Springboard
- Stories that Connect – We Are Our Stories (how archetypes connect us with the human experience)
- Performance as a transformative, connective, expressive tool
- Letting Hunger Fuel Success

Gutless & Grateful

Gutless & Grateful is the one-woman musical autobiography of Amy Oestreicher, taking her audience on a journey of hope, resilience, and gratitude. An inspiring story of survival and determination, Gutless & Grateful is appropriate for audiences of all ages. The 70 minute performance can be customized for any event.

"One part moving testament to human indomitability, the other a thoroughly satisfying evening of song. While each element is strong enough to stand on its own, combined they illuminate and enhance each other. Rarely have I seen narration and song so artfully meshed, and Oestreicher's likeability, good humor, interpretive skill, and manifest commitment to what she is saying and singing make us not only understand her story, but also feel it on a very deep level."

-Roy Sander, critic for BistroAwards.com

Workshops can be customized for each group setting.

Contact Amy for more information:

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