

# Curriculum Vitae

## **Nii Armah Sowah**

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### **Education**

**Master of Arts in Expressive Therapies (Dance Therapy)** 1997

Lesley College, Cambridge, MA,

Thesis: The Reinvention of Community Dance - A Model for Dance Therapy

**Diploma in Theater Arts** 1987

University of Ghana, Diploma in Theater Arts

**Certificate in African Ritual Theater** 1991

African Center for the Training of Performing Artists, Bulawayo, Zimbabwe

### **Additional Training**

**Professional Massage Training** 1997

Massage Therapy Institute of Colorado, Denver

**Certificate - CRLA Regular Tutoring** 1996

College Reading and Learning Association, USA

**Diploma In Modeling** 1988

Silhouette Modeling School

**Professional Voice Training** 1980-1984

National Orchestra of Ghana

### **Work History**

#### **Teaching**

Senior Instructor: African Dance/African Music/ Dance & Culture/Performance 1999 - present

& Community Engagement

University of Colorado, Boulder

Director/Workshop Facilitator/Public Speaker 1998 - Present

1000 Voices Project - Independent Arts Organization

Boulder, CO

Instructor: African Dance (Traditional & Contemporary), Choreography 1987 - 1994

University of Ghana, Legon, Ghana

Instructor: Ramp Modeling 1989 - 1990

Silhouette Modeling School

Accra, Ghana

**Clinical Work**

Massage Therapist (Private Practice) Boulder, Colorado	1997-2001
Expressive Arts Therapist Boston Institute for Arts Therapy, "Big Draw" Summer Program, Dorchester, MA	1996
Dance Therapist: Bridge Home Training Program, Dorchester, MA	Fall 1996
Expressive Arts Therapist DARE Intern, Jamaica Plain, MA	1995 - 1996
Expressive Arts Therapist Project Joy, Intern, Cambridge, MA	1995 –1996
Dance Therapy Intern/Counseling F. A. Day Middle School, Graduate Intern, Newton, MA	1994 – 1995
Expressive Arts Therapist Children’s AIDS Program, Intern, Mattapan, MA	1995

**Awards/Honors**

“Legend of Dance” in Colorado	Carson Brierly Griffin Dance Library University of Denver, CO	October, 2016
Campus Sustainability Award Civic Achievement	Environmental Center University of Colorado Boulder, CO	Spring 2014
Equity and Excellence Award	Office of Diversity, Equity And Community Engagement, CU, Boulder	Spring 2013
Marinus Smith Award	CU Parents Association University of Colorado Boulder, CO	Spring 2013
Multicultural Award For The Arts	Community Action Program Boulder County, CO	Fall 2012
Campus Global Citizen of the year	Office of International Education	Fall 2011
Excellence In Teaching Award	Boulder Faculty Assembly University of Colorado Boulder, CO	Spring 2008

Honorary Induction (IHLUAC) Colorado State University 2003  
 International Honorary for Fort Collins, CO  
 Leaders in University  
 Apartment Communities

### **Teaching Experience**

More than thirty years of diverse experience in academic environments. Researched, designed and taught courses in African dance, singing, and drumming to undergraduate and graduate students from around the world. Lectured on the role of the performing arts in religion, history, rites of passage and other aspects of traditional African Cultures. Choreographed, coordinated and managed dance productions. Provided individual and group advising to undergraduate students on personal issues including career goals, academic performance, relationships, self-esteem and substance abuse.

### **University of Colorado at Boulder**

#### **Courses Taught**

African Dance II DNCE 4909	Department of Theatre & Dance University of Colorado Boulder, CO	Fall 2021 1 section
Performance & Community Engagement THTR 4029-801/ DNCE 5048	Department of Theatre & Dance University of Colorado Boulder, CO	2011- 2017 13 sections
Introduction to Dance and Culture DNCE 1027	Department of Theatre & Dance University of Colorado Boulder, CO	2008 – 2011 5 sections
African Dance DNCE 2501	Department of Theatre & Dance University of Colorado Boulder, CO	2000 – present 81 sections
Ubuntu: Explorations into African Community Life NRLN 3000	Norlin Scholars University of Colorado Boulder, CO	Fall 2007 1 section
African Dance/Co-Seminar DNCE 2501-800/881/882	Honors Program University of Colorado Boulder, CO	2007 3 sections
African Music EMUS 4012 Adjunct Faculty	Honors Program University of Colorado Boulder, CO	1999 – 2005 14 sections

African Ensemble Assistant Director	College of Music University of Colorado Boulder, CO	Spring 2003
African Songs of Life IMUS 5088 Adjunct Faculty	College of Music University of Colorado Boulder, CO	Summer 2001
<b>Independent Study</b> Independent Study Supervisor	Kayla Smallcanyon	Spring 2015
Independent Study Supervisor	Sarah Roybal	Summer 2012
Independent Study Supervisor	Jaime Duggan	Fall 2011
Independent Study Supervisor	Brooke Gessay	Fall 2011
Independent Study Supervisor	Aria Rattan	Spring 2011
Independent Study Supervisor	Josselyn Levinson	Spring 2010
<b>MFA, BA &amp; BFA Committees</b>		
MFA Thesis Committee 2 <sup>nd</sup> Reader	Kshitija Saturdekar	2019
MFA Thesis Committee 2 <sup>nd</sup> Reader	Samantha Salters Department of Theatre & Dance University of Colorado Boulder, CO	2015 - 16
Honors Thesis Committee 2 <sup>nd</sup> Reader	Jacqueline Krieger Department of Theater & Dance University of Colorado Boulder, CO	Spring 2012
BFA Thesis Committee 2 <sup>nd</sup> Reader	Mary Ellen Wolf Department of Theatre & Dance University of Colorado Boulder, CO	2011 - 2012
MFA Thesis Committee 2 <sup>nd</sup> Reader	Cherie Hill Department of Theatre & Dance University of Colorado	2010 - 2011

BFA Thesis Committee 2nd Reader	Katie Whalen Department of Theatre & Dance University of Colorado Boulder, CO	2009 - 2010
Honors Thesis Committee 3 <sup>rd</sup> Reader	Kelsey Bennett Department of English University of Colorado Boulder, CO	Fall 2007
Honors Thesis Committee 3rd Reader	Andrea Hill Department of Psychology University of Colorado Boulder, CO	Spring 2007
MFA Thesis Committee 2 <sup>nd</sup> Reader	Marissa Hallo Department of Theatre & Dance University of Colorado Boulder, CO	2005 - 2006

### **University of Ghana**

African Dance – Traditional & Contemporary Technique Choreography & Production	University of Ghana Legon, Ghana	1987 – 1994
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Taught about 6 courses per semester, choreographed, performed, toured and supervised productions.

### **Guest Teacher**

#### **University of Colorado at Boulder**

Global Ancient and Classical Theatre – Graduate Course Guest Lecturer	Department of Theatre & Dance University of Colorado Boulder, CO	Fall 2016
Development of Theatre Guest Lecturer	Department of Theatre & Dance University of Colorado Boulder, CO	Fall 2016
Introduction to Theatre Guest Lecturer	Department of Theatre & Dance University of Colorado Boulder, CO	Spring & Fall 2015
ARSC 1001 Guest Speaker	University of Colorado Boulder, CO	Fall 2008 2 sessions
History & Philosophy Guest Instructor	Department of Theatre & Dance University of Colorado Boulder, CO	Fall 2008

Looking at Dance Guest Teacher	Department of Theatre & Dance University of Colorado Boulder, CO	Fall 2004 & 2005
Doctoral Seminar The Musics of Africa Guest Teacher	College of Music University of Colorado Boulder, CO	Spring 2002
Intro to Dance & Culture Guest Teacher	Department of Theatre & Dance University of Colorado Boulder, CO	2000 – 2015 15 sessions
Religion & Dance Guest Instructor	Dept. of Religious Studies University of Colorado Boulder, CO	1997 – 1999 4 sessions
Religion & Dance- Studio Guest Instructor	Dept. of Religious Studies University of Colorado Boulder, CO	1997 – 1999 2 sections
African Dance Technique Residency	Department of Theatre & Dance University of Colorado Boulder, CO	Spring 1999 One week
World Music Guest Lecturer	Honors Program University of Colorado Boulder, CO	2004 & 2006 4 sessions

### **Guest Teacher**

### **Other Institutions**

Master Class	Railyard Performance Center Santa Fe, NM	June 2019
Master Class/Residency Dance/Percussion/singing	Proartes Cali Cali, Colombia	Summer 2018
Residency Lectures/Workshops	African Leadership Academy Johannesburg, South Africa	2013 & 2016 4 sessions
Residency Lecture/Workshop	Legatum Center/African Business Club Massachusetts Institute of Technology (MIT) Cambridge, MA	February 2016
Residency Lectures/Workshops	Comparative Literature Department Theatre & Film Studies University of Georgia, Athens	February 2016

Residency Master Dance Classes/Lectures	University of Cape Town Cape Town, South Africa	May, 2013 & February 2016 5 Sessions
Residency Master Dance Classes/Lectures	TaSuBa College Of Arts Bagamoyo, Tanzania	2010 - 2016 8 sessions
Guest Lecturer	Ashesi University, Accra, Ghana	September 2010
Residency Master Dance Classes/Lectures	School of Performing Arts University of Ghana, Legon	August 2010 3 sessions
Arts & Sustainable Development Lectures & Master Classes	Bagamoyo College of Arts Bagamoyo, Tanzania	July 2005 5 workshops
African Music Guest Instructor	Metropolitan State University Denver, CO	Fall 1997
African Dance Guest Instructor	New England Conservatory of Music Boston, MA	1996
African Music & Dance Graduate Instructor	Lesley College Cambridge, MA	1994 – 1996 3 Semesters
African Dance Visiting Artist	University of California at Irvine Irvine, CA	1993

### **Conferences, Residencies & Workshops**

Developed and taught workshops focusing on community building, diversity, and the role of the performing arts in African cultures. These workshops employ music, dance, instrument making/playing, and rhythm games to advance cultural awareness. Clientele include professional performing companies, organizations and community groups in Canada, U.K., France, USA, Kenya, Tanzania, Ethiopia, Zimbabwe, Nigeria, Germany, Switzerland and Ghana.

Keynote Presenter	Anusara Yoga Conference Estes Park, CO	Fall 2019
Guest Teacher	Inema Dance Kigali, Rwanda	Sumer 2017
Keynote Speaker	Africa Agenda Summit Denver, CO	October 2016
Lecture/Master Class	Ingeri Y'abeza Cultural Troupe Kigali, Rwanda	May 2016

Keynote Speaker	Diversity & Inclusion Summit University of Colorado, Boulder	November 2016
Commencement Speaker	African American Graduation Ceremony University of Colorado, Boulder	May 2015
Speaker/Presenter	Heritage Camp for Adoptive Families Denver, CO	June 2015
Presenter & panelist	2015 Frank Church Symposium Idaho State University Pocatello, Idaho	February 2015
Keynote Icebreaker	NHIS International Conference Accra, Ghana	November 2013
Master Dance Classes/Lectures	Six Dance Companies Lusaka, Zambia	June 2013 2 weeks
Residency Master Dance Classes/Lectures	Uncle Tom's Hall Soweto, South Africa	June 2013 2 days
Residency Master Dance Classes/Lectures	VMMA, State Theater Pretoria, South Africa	2013 & 2016 5 sessions
Keynote Speaker	African Heritage Youth Leadership Conference University of Colorado, Boulder	February 2013
Keynote Speaker	Undergraduate Diversity Conference University of Colorado, Boulder	February 2013
Keynote Speaker	Brain Gym International Conference Fort Collins, CO	August 2012
African Songs Of Life Workshops	Kultur Meile (Festival) Grotzingen, Germany	July 2011
Residency Master Dance Classes/Lectures	Kenyan National Theater Nairobi, Kenya	November 2010 3 days
Residency Master Dance Classes/Lectures	Ethiopian National Theater Addis Ababa, Ethiopia	October 2010 3 days
Workshop Director/ Instructor	3-day song & dance workshop Steamboat Springs, CO	Aug 2008 - 2014 3 weekends
African Songs Of Life Workshop	Spark The Fire Yoga Conference Denver, CO	May 2009



African Dance & Music Master Class	Youth Home Cultural Troupe Tamale, Ghana	June 2007 & 2008 6 sessions
African Dance & Music Master Class	Ghana Dance Ensemble University of Ghana Legon, Ghana	June 2007 one session
Residency (One week) Collaborated in creating an African musical	Emancipation Celebration St. Croix, U.S. Virgin Islands	Summer 2006
African Music & Dance Workshop	St. Croix, U.S. Virgin Islands	2002 - 2006 10 workshops
Workshop Choreography	Kenge Kenge Orutu System Nairobi, Kenya	August 2005
Arts & Sustainable Development Lectures & Master Classes	Market Street Theater Institute Johannesburg, South Africa	June 2005 2 workshops
African Dance & Music Workshops Lectures & Master Classes	Umkhonto Ensemble Soweto, South Africa	June 2005 3 days
African Music Workshops	Amamreso Agofomma Kumasi, Ghana	May 2005 2 workshops
Workshop Facilitator Multicultural Community Retreat	Human Rights Resource & Ed. Office Fort Collins, CO	2003 – 2005 3 sessions
Human Development Workshops	iThrive, LLC (Women’s group) Denver, CO	2005 – present 13 workshops
Keynote Speaker 16 <sup>th</sup> Annual Conference	Colorado Child & Adolescent Mental Health Coalition Colorado Springs, CO	March 2004
Workshop Facilitator: Annual Diversity Training	Institutional Equity in Multicultural Ed. Boulder Valley School District Boulder, CO	2003 & 2004 2 workshops
Community Building Workshops	KIVA Carbondale, CO	Summer 2003 3-day workshop
Keynote Speaker & Community Building Workshops	Apartment Life Division Annual Staff Training/Orientation Colorado State University Fort Collins, CO	2002 - 2004 8 workshops

African Music & Dance	Kakes Studios Boulder, CO	1997 - 2000
Choreographic Workshop	Art of Black Dance & Music Boston, MA	Spring 1996
African Music & Dance Instructor	Summer School for Israelis Lesley University Cambridge, MA	1995 & 1996 2 Semesters
African Arts, Culture & Dance Workshop	Haida-Gwaii Performing Troupe QCI, B.C., Canada	April 1993
African Arts, Culture & Dance Workshops	<i>Vancouver Children's Festival</i> Vancouver, B.C., Canada	April 1993 6 workshops
Cultural Awareness Workshop – faculty & staff	Vancouver School District Vancouver, B.C., Canada	April 1993
African Dance Workshops	National Theater Company of Nigeria Lagos, Nigeria	Summer 1992
African Dance Workshops	<i>Festival International de Folklore</i> Chateau Gombert Marseille, France	Summer 1992 10 workshops
Choreographic Workshop (Dance-Drama)	<i>Harvest of Plays International</i> Nairobi, Kenya	1992
African Dance Workshop	Nairobi Theater Institute Nairobi, Kenya	1991
African Dance Workshop: Traditional, Contemporary, Technique & Dance-Drama	Greater Accra Regional Dance Assoc. Accra, Ghana	1990 3 workshops
African Music & Dance Workshops	Various companies & schools Bulawayo & Harare, Zimbabwe	1990

## **SERVICE**

### **CU Boulder**

#### **Committees**

Conference on World Affairs	University of Colorado Boulder, CO	Fall 2019 - 2020
Merit Review committee	Department of Theatre & Dance	Fall 2018

(Member)	University of Colorado Boulder, CO	Spring 2011
Steering Committee member (Member)	CU Engage University of Colorado Boulder, CO	Spring 2015 - 2020
Budget Committee	Department of Theatre & Dance	Fall 2016 - Spring 17
Building Beautiful Committee (Member)	Department of Theatre & Dance University of Colorado Boulder, CO	2015 & 2017
Big Picture Committee (Member)	Department of Theatre & Dance University of Colorado Boulder, CO	Spring 2013
BFA Awards (Committee Member)	Boulder Faculty Assembly University of Colorado Boulder, CO	Spring 2009
50th Anniversary: Preliminary Planning Committee (Member)	Department of Theater & Dance University of Colorado Boulder, CO	Spring 2010

### **Advising/Facilitation/Presenter**

Teachers of Color and Allies Conference - - Presenter	University of Colorado Boulder, CO	Fall 2019
Performance (With Perf. & Community Engagement Class)	Inclusive Summit University of Colorado Boulder, CO	Fall 2018
Community Building Workshops Facilitation	Norlin/Boettcher Scholars Programs University of Colorado Boulder, CO	Fall 2011 - 2018 12 sessions
Last day of class showings Coordinator	Department of Theater & Dance University of Colorado Boulder, CO	2009 - 2018 14 sessions
Town Hall Meeting Facilitator	Department of Theater & Dance University of Colorado Boulder, CO	2009 - 2018 11 sessions
Instructor / Panelist Graduate Auditions	Department of Theater & Dance University of Colorado	2007 – 2018

	Boulder, CO	
Keynote Speaker	Awards Gala Environmental Design School University of Colorado Boulder, CO	April 2017
Keynote Speaker	Diversity Summit University of Colorado Boulder, CO	November 2017
Faculty Advisor CU Dance Connection	Department of Theater & Dance University of Colorado Boulder, CO	2009 - 2017
GPTI Faculty Coordinator	Department of Theatre & Dance University of Colorado Boulder, CO	2011 - 2017
Faculty Adviser	African Students' Association University of Colorado Boulder, CO	2012 - 2015
Presenter/Icebreaker	Sustainability Workshop (Peak2Peak) University of Colorado Boulder, CO	August 2012
Workshop/Presenter	Diversity Summit University of Colorado Boulder, CO	November 2012 2 sessions
Community Building Workshop	INVST Community Studies University of Colorado Boulder, CO	2011 - 2017 10 sessions
Opening Musical Overture Ice Breaker	Energy Justice Conference University of Colorado	September 2012
Team Building Workshop	Sustainability Workshop University of Colorado Boulder, CO	August 2012
Cultural Consultant	Advising CU students & community members traveling to Africa	2001 - Present 100+consultations
Opening Musical Overture Ice Breaker	Energy Justice Conference University of Colorado Boulder, CO	October 2009

African Songs of Life: Songs of Wisdom (Workshop)	African Students Association University of Colorado (African Awareness Week) Boulder, CO	November 2008
African Dance Workshop	ALTEC International Cultural Festival University of Colorado Boulder, CO	April 2008
Faculty Advisor	Freshman Repertory Course Department of Theatre & Dance University of Colorado Boulder, CO	Spring 2007
African Dance Workshop	Cheyenne Arapaho Hall University of Colorado Boulder, CO	November 2007
Instructor/ Panelist High School Day	Department of Theater & Dance University of Colorado Boulder, CO	Oct. 2004 - 2017 9 sessions
African Dance Workshops	Gulu Walk University of Colorado Boulder, CO	Oct. 2006 - 2007 2 sessions
Community Building Workshops Freshman Orientation	Kittredge Residential Academic Program University of Colorado Boulder, CO	Fall 2005 - 2006 6 sessions
Keynote Speaker	Family Weekend Parents' Lecture President's Leadership Class (Norlin) University of Colorado Boulder, CO	Oct. 2003
Keynote Speaker	September 11 <sup>th</sup> Commemoration University of Colorado Boulder, CO	Sept. 2002
Consulting Scholar <i>Decorative Arts of West Africa: Traditional Values Transformed</i>	Museum of Natural History University of Colorado Boulder, CO	Spring 2000
Teacher Training Workshop <i>Decorative Arts of West Africa: Traditional Values Transformed</i>	Museum of Natural History University of Colorado Boulder, CO	Spring 2000

Special Guided Tour <i>Decorative Arts of West Africa: Traditional Values Transformed</i>	Museum of Natural History University of Colorado Boulder, CO	Spring 2000 3 tours
<b>Service - Community</b>		
<b>Local</b>		
Politics, White Supremacy & Cult Psychology – Panelist	Essential Stories Project: From the Frontlines Zoom/Facebook Panel	June 2020
Artistic consultant	Noche de Celebracion Boulder, CO	Fall 2019
Keynote Presenter	Teachers of Color & Allies Conference School of Education, CU Boulder	
Conversations with Extraordinary People - Featured Speaker	Museum of Boulder Boulder, CO	Spring 2019
Healing Matrix (TV interview on Dance and Healing)	Gaia Television Web-based TV	Spring 2019
Board Member	Kick2Build Organization Community Soccer Boulder, CO	2018 - Present
African Songs of Life Performance (With 1000 Voices Singers)	African Roots & Rhythm: Songs of Celebration & Resistance Nevei Kodesh, Boulder CO	November 2018
African Songs of Life Performance	Solas: Diversity in Unity An evening of community singing and exhortation St. John's Episcopal Church, Boulder, CO	April 2018
Co-Facilitator	Post Screening Conversation for <i>Black Panther</i> Families of Color Colorado Longmont, CO	February 2018
Presenter	Martin Luther King Day Celebration SURJ Boulder, CO	2012, 2016 2017 & 2018
Keynote Speaker	Africa Agenda Summit	October 2016

	Denver, CO	
Anti Racism Workshop Facilitator	Patchwork School Louisville, CO	September 2013
Motivational Speaking/ Mass singing	Sweet Land: Choices of Dignity Post-Election Community Reflection Concert Boulder, CO	December 2012
	Boulder, CO	
African Songs of Life Singing Performance (With 1000 Voices)	Haiti Earthquake Benefit Naropa University Boulder, CO	March 2010
Founder/Board Member	Ghana Education Alliance Boulder-based Non-profit Organization	2007 - 2010
African Songs of Life Memorial Facilitator	Celebrating the life of Bill Fischer Funeral gathering at Frasier Meadows Boulder, CO	August 2009
African Songs of Life Singing Performance (With 1000 Voices)	Denver Hospice Fundraiser for Selian Hospice, Arusha, Tanzania	October 2009
African Songs of Life Singing Performance (With 1000 Voices)	Colorado African Culture & Events Center: Inaugural Ball Denver, CO	August 2008
<i>Watoto: The Heartbeat of Africa</i> Documentary Film Screening and facilitated discussions	Sponsored by CU Outreach Office Fort Morgan Community College	Spring 2008
<i>Watoto: The Heartbeat of Africa</i> Documentary Film Screening and facilitated discussions	Sponsored by CU Outreach Office Boulder Public Library	Spring 2008
<i>Watoto: The Heartbeat of Africa</i> Documentary Film screening and facilitated discussions	ConneXions Academy of Arts Baltimore, MD	Spring 2008
<i>Watoto: The Heartbeat of Africa</i> Documentary Film Screening & facilitated discussions	Community Event Ridgway Elementary School Ridgway, CO USA	Fall 2008
Founding Member/ Convener/Host	Boulder Chocolate Circle A Network of People of African Descent	Spring 2007

	Boulder, CO	
Board Member	Colorado African Culture & Events Center. (Denver-based non-profit)	2006 - 2016
Motivational African Songs & Chants	Midwives of North America Annual Conference Boulder, CO	Spring 2005

### **Outreach Service International**

Special Guest (TV interview)	Rwandan Broadcasting Kigali, Rwanda	June 2017
Consultant Performing Arts Curriculum	University of Rwanda Huye, Rwanda	June 2017
Board Member	Forward Step Organization Bagamoyo, Tanzania	Fall 2016-Present
Fundraising for School building	Christ Family Academy Accra, Ghana	2007 - 2011 (4 events)
Volunteer Food delivery Music circle with kids	Jikaze Camp (Refugee) Internally Displaced People Naivasha, Kenya	October 2011
African Songs and Dances Performances/Silent Auctions (With 1000 Voices)	Fundraisers to benefit Ghana Education Alliance Raised & donated over \$20,000 worth in cash & supplies to C. F. Academy in Ghana Boulder, CO	2007 - 2011 (11 events)
Dance Workshops, material & financial donations	Youth Home cultural Group Music and Dance Company Tamale, Ghana	2008 & 2009
African Music & Dance Exchange (AMUCEX) A donation of my expertise in music, dance, choreography & Cultural philosophy	Worked with companies, schools & community groups in Ghana, South Africa, Tanzania, Ethiopia & Kenya.	2005 – 2010 4 trips to Africa

### **Grants**

UROP Student Assistantship Award - Mentor	Student Undergraduate Enrichment Program University of Colorado, Boulder, CO	Spring 2020
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Arts Education Grant African Arts & Cultural Workshops for K-12	A Boulder Arts Commission Award City of Boulder Arts Commission	April 2018
Program Fee Grant (African Dance class- room support)	Theater and Dance Department University of Colorado Boulder, CO	Spring 2013
IMPART Grant	ODECE University of Colorado Boulder, CO	Spring 2012
Outreach Grant (Film editing)	Outreach University of Colorado Boulder, CO	Fall 2007
Outreach Grant (Research & Travel)	Outreach University of Colorado Boulder, CO	2006 - 2017 (6 awards)
Mini-Grant for Visual, Performing & Literary Arts	Boulder Arts commission Residency Shining Mountain Waldorf School Boulder, CO	July 2000

### **Artistic Work/Performance Experience**

Accomplished performer conversant with singing, acting, dancing, drumming and modeling. I have many years of performance experience in numerous groups, contexts and countries. I enjoy the excitement and challenge of integrating music, dance and drama into a single, seamless whole. I especially enjoy productions that focus on collective creativity; productions in which the artists feel a shared responsibility and stake in the work. Production experience includes artistic direction, choreography, stage and tour management, lighting, costume, sound, and stagecraft.

Podcast Interview	Topic: <i>A Path Forward for Africa</i> The Peacemakers Podcast	July 2018
Podcast Interview	Topic: <i>The Transformative Power of the Arts</i> The Peacemakers Podcast	June 25
<i>Ubuntu African Dance Festival</i> Director/Choreographer	Department of Theatre & Dance University of Colorado Boulder, CO	Spring 2014
<i>African Dance Pedagogy</i>	Short Documentary Video	Spring 2013

Producer	Features CU dance classes	
African Songs of Life Singing Performance (With 1000 Voices)	Denver Black Arts Festival Denver, CO	July 2009
Dancer/Choreography	Grupo Macondo & Friends Boulder Public Library	May 2009
Vocals (Back-up) Performance	Land of Fire Music CD	May 2009
African Songs of Life Singing Performance (With 1000 Voices)	Baobao Festival African Arts Festival Boulder, CO	March 2005-2011 6 performances
<i>Watoto: The Heartbeat of Africa</i> Producer/Director/ Camera	Features the daily lives of African children Short Documentary Video	Spring 2008
Vocalist Live Show	Bizung Family KGNU Radio Boulder, CO	2007 - Present
<i>Daa Nkwa</i> Choreography	DanceWorks 2006 Department of Theatre & Dance University of Colorado Boulder, CO	March 2006
<i>Emancipation</i> Choreographer/Lead Dancer	Emancipation Commemoration Celebration St. Croix, U.S. Virgin Islands	June 2006
Percussionist, Vocalist & Dancer	Chimanimani Marimba Ensemble Boulder, CO	2002 – 2006
Guest Artist (Singer)	Zamaleo (Kenyan Storytelling Group) Zanzibar International Film Festival Stone Town, Zanzibar	August 2005
Storyteller & vocalist	<i>African Tale</i> in Mercy Dan Treanor & African Wind	Fall 2005
Percussionist, vocalist & hosho player	Tobatana Marimba Ensemble Westminster, CO	2005
Percussionist & Singer	Jaka Marimba Ensemble Boulder, CO	2001
Percussionist (Guest)	Stan Strickland Band Cambridge, MA	1996

Dancer & Singer	The Pan-African Dance Company Cambridge, MA	1996
<i>Ngoma Kpen</i> Artistic Director & Choreographer	Dance Theater Afrique Legon, Ghana	1993
<i>The Legend of Okoryoo</i> Lead Dancer/Asst. Stage Mgr.	Ghana National Dance Ensemble National Theater, Accra, Ghana	1991 – 1993
Choreographer/Performer	Abibigoromma Theater Company University of Ghana Legon, Ghana	1991 – 1992
Choreographer/Asst. Director	African Theater Collective University of Ghana Legon, Ghana	1989 – 1991
Television & Radio Dancer, Actor & Singer	Ghana Broadcasting Corporation Accra, Ghana	1984 – 1991 (50+ shows)
Choreographer/Performer Actor/Singer/ Dancer	Talents Theater Company African Plays & Musicals	1984 – 1988 (100+ shows)
Lead Dancer/Singer	Black Generations Band Accra, Ghana	1983 – 1984
Singer	Voices of Labone Choir Accra, Ghana	1979 – 1983

### **Work With Youth, Children and K - 12**

In both educational and therapeutic settings my work focuses on the use of rhythm games, dance, song, and storytelling as avenues for personal and interpersonal development. In African societies, the arts are part of a child's upbringing. The arts, especially traditional African performing arts, emphasize relationships. It is the ability to relate to oneself, other people and the environment that so effectively supports integrated development in the child. In my work, I emphasize these arts not so much in and of themselves, but in their capacity to stimulate a child's cognitive, emotional, and social development.

African Singing & Dance Workshop	New Vista High School Boulder, CO	November 2018
Keynote Speaker Video Screening	KC Middle School Boulder, CO	April 2017
African Arts & Culture presentation	Friends School Boulder, CO	March 2009

African Arts & Culture 3-day workshop/Performance	Ridgway Elementary, Ridgway, CO	November 2008
African Songs of Life Residency	Tara Performing Arts High School, Boulder, CO	September 2008
African Arts & Culture	Friends School, Boulder, CO	April 2008
African Arts & Culture	Columbine Elementary Denver, CO	February 2008
African Music & Dance Workshops	Christ Family Academy, Teshie, Accra, Ghana	June 2007
African Dance	Friends' School Boulder, CO	March 2007
Guest Speaker Martin Luther King Day	Shining Mountain Waldorf School Boulder, CO	January 2007
African Arts & Culture	Centaurus High School Lafayette, CO	2005 & 2006
African Arts & Culture	Spangler Elementary Longmont, CO	March 2006
Artist in Residence	Shining Mountain Waldorf School Boulder, CO	2002 - 2009 5 residencies
African Arts & Culture	Southern Hills Middle & Elementary Boulder, CO	May 2005
African Arts & Culture	West High School Denver, CO	April 2005
African Dance	Manhattan Middle School Boulder, CO	January 2005
African Arts & Culture	Douglass Elementary Boulder, CO	1998 – 2005
African Dance	Country Day School St. Croix, U.S. Virgin Islands	Spring 2000
African Arts & Culture	Lynn Community Charter School Lynn, MA	Spring 1998
African Music & Dance	September School Boulder, CO	1998 – 1999
African Music & Dance	Thunder Ridge Elementary School	Fall 1997

	Aurora, CO	
African Dance	Truscott Elementary School Loveland, CO	Spring 1997
African Dance	Garfield Elementary School Loveland, CO	Spring 1997
African Arts & Culture	Trinity School Manhattan, New York	1995 – 1997 3 Visits
African Dance	Unitarian Church Youth Group Arlington, MA	Fall 1996
African Dance Teacher	F.A. Day Middle School Newton, MA	1994 – 1995
Choreographer	John Teye Memorial Institute School Band Accra, Ghana	1991 – 1993
African Dance Teacher	Ghana International School Accra, Ghana	1988 - 1999
African Dance Teacher	New Horizons School for the Disabled Accra, Ghana	1987 - 1988

### **Professional Development**

#### **Workshops, Master Classes & Private Lessons**

(1994 – present)

Inema Arts	Dance and cultural traditions of Rwanda
Ethiopian National Theater	Traditional Dances and Songs of Ethiopia
Umkhonto, South Africa	South African Traditional Dance & Songs
Bagamoyo College of Arts	Dances & Songs of Tanzania
Zamaleo, Kenya	Traditional Songs of Kenya
Chuck Davis	Afro-Modern Dance
Yousouff Koumbassa	Guinean Dance
Julia Chigamba	Traditional Zimbabwean Songs & Hosho Playing
Mohammed Camara	Traditional Dances of Guinea
Gabriel and Carman Nelson	Salsa
Forward Kwenda	Traditional Zimbabwean Dance
Richard Gonzalez	Afro-Cuban
Rosangela Silvestre	Afro-Brazilian
Beuler Dyoko	Traditional Zimbabwean Songs & Hosho Playing
Chris Berry	Traditional Mbira Songs
Tom Defore	Zimbabwean Marimba
Ibrahim Camara	Senegalese Dance & Songs
Fatou Ndiaye	Senegalese Dance

Ezequiel Torres	Afro-Cuban Songs & Shekere
Aruan Torres	Afro-Cuban Songs & Shekere
Neri Torres	Guaguanco
Yofvani Gonzalez	Palo, Makuta & Yambu
Yanitzia Mizrahi	Mambo & Son

*Languages Spoken*

English, Pidgin English, Twi, Fanti, and Ga (Ghanaian)