



Body Mind & Voice

A holistic approach to affirming your place on the world stage in life and in business.



Program Description

Artists Nicola AYOUB (dance) and Keri CHRYST (voice) apply traditional American *dance & vocal techniques* to empower participants with universal tools for self-affirmation and public engagement through vocal vitality and body language. A *reusable skill set* that can be applied in their daily life and work as they continue to aspire to *excellence*.



Topics & Themes

Public Speaking

- Physicality – Confidence & Poise
- Vocal projection
- Body Language
- Maintaining Audience Attention
- Improvisation & Preparedness
- The Microphone is your Friend

Entrepreneurship

- Image & Branding
- Cultivating your network
- Getting the Most out of the Internet

Team Work

- Communicating with Clarity
- Cooperation & Leadership
- Delegation of Roles and Responsibilities
- A Time to Listen, A Time for Action
- Readiness and Response in Unpredictable Situations



Nicola Ayoub

Nicola Ayoub American–French dancer and choreographer, always aspired to share her *joie de vivre* on stage across the world. She trained at the *Atlanta Ballet* and received degrees in History and Art History from the *University of Georgia*. In France, she became a choreographer with her bilingual one–woman show *The Language*, awarded

Paris Jeunes Talents (2008). Nicola has danced for such diverse choreographers as Gigi Caciuleanu, Christopher Williams, and Alexandra Bansch.

Since 2015 she is a member of *ACM Ballet* which brings dance performances to hospitals throughout France. Since 2012 she has worked with Africa Regional Services of the *U.S. State Department*, teaching, creating, and performing throughout Africa. In 2015 she organized and led the International *Dance Workshop in Bohol, The Philippines*, a cultural outreach project which continues to expand each year. In 2016, the French Institutes of Burundi and Rwanda invited her to teach and choreograph. In 2017, her best creation was born, her daughter.

Nicola continues to perform and teach. She is a member of UNESCO's International Dance Council. <http://www.nicolaayoub.net>

+ Musicians For a typical workshop, Keri & Nicola and the participants are accompanied by one or more musicians...



Daniel Gassin – piano

American–French Yamaha Artist. Since reaching the finals of the *Jazz Solo Piano Competition* at Montreux (2007), Daniel has gone on to record three albums as leader. Award nominations include *Best Jazz Album* at the *Independent Music (AIR)*

Awards, and Australian *National Jazz Awards* finalist (2013). He tours extensively with his own trio and other world class grammy award winning artists throughout Europe, Scandinavia, Australasia and the Middle East – and more recently as *Cultural Ambassador* for the *U.S. State Department* to Burkina Faso, Angola, Mauritius and the Seychelles. <http://www.danielgassin.com/>



Keri Chryst

International vocalist and educator **Keri CHRYST** currently lives and works in Paris, France – by way of Chicago, IL where she earned her Master's in *Jazz Pedagogy* from *Northwestern University* in 1998. Her spunky “in the pocket” swing, together with an instrumental approach to singing and improvisation, have charmed audiences across the

Western Hemisphere and fast earned her a reputation as a “musician’s singer.” Her début album *The French Connection – Vol 1* (2014) highlights where her two passions of Jazz Music and French Culture intertwine.

Keri’s current projects include regular appearances with the vocal jazz trio par excellence *Sweet System* (Festival d'Avignon, Théâtre le Ranelagh, Jazz Club Lionel Hampton – Le Méridien...) the Dany Doriz Orchestra of *Caveaux de la Huchette* fame, as well as numerous trips as Cultural Ambassador for the *U.S. State Department* across Africa, Europe and the USA.

Other accomplishments as an educator include pioneering the Jazz Vocal Program (2003) at the *American School of Modern Music* in Paris (former *Berklee* affiliate), and authoring a complete curriculum of auxiliary workshops and courses for her self-created *Jazz Vocal Academy International* (2006), which helps students to develop into fully rounded musicians, as well as healthy and happy singers. <http://www.kerichryst.com>



“Jumpin’ Jeff” Hoffman – guitar

Chicago–born and a passion for blues in his blood, Jeff studied with guitar giants Joe Pass and John Scofield then attended the *University of Sao Paolo* becoming proficient in Brazilian music styles and Spanish and Portuguese. A frequent *Cultural*

Ambassador for the *U.S. State Departement* with a dozen missions under under his belt across French and Lusaphone Africa, Jeff also performs regularly with the funky jazz of *Boogaloo Baby*, classic Count Basie style of *Big Band Blues* and is a featured artist in the *La–La Land* project with Dany Doriz of Paris’ *Caveau de la Huchette Fame*.

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