

# **[Teaching Artist Name / Organization Title]**

## **Arts Programming Overview + Teaching Artist Bio**

Dr. Jabani Bennett is a visual artist, certified educator, and yoga teacher whose interdisciplinary practice integrates creative expression, mindfulness, and community engagement. Rooted in collage and mixed media, her work explores themes of identity, healing, and transformation. She has contributed to a variety of community arts initiatives in New York City, Louisville, and beyond, working in schools, colleges, museums, nonprofits, and cultural organizations to bring accessible, arts-based programming to diverse audiences.

With a commitment to holistic and inclusive education, she designs and facilitates arts integration workshops that blend visual art, somatic practices, and reflective writing—empowering participants of all ages to connect with themselves and their stories. Now based in Louisville, she is deeply invested in co-creating a strong, supportive arts ecosystem that helps local artists, educators, and entrepreneurs thrive. Through her work, she is passionate about fostering wellness and personal growth across generations, ensuring that all individuals have access to the healing and transformative power of the arts.

## **Artistic Content of Programming**

At the end of each program, participants will have their own cultural product (e.g., a collage piece) as an artifact of the learning experience. This tangible creation not only reflects their personal journey and insights but also serves as a lasting symbol of their engagement with the artmaking process. Additionally, participants will have the opportunity to provide real-time feedback on their satisfaction with the session, ensuring that each workshop is responsive to their needs and reflective of their creative growth.

## **Educational Content of Programming**

Pre- and post-program self-reflections track changes in participants' mindset, emotional resilience, and creative confidence. Dr. Jabani also observes shifts in engagement and mindfulness practices during the sessions. These methods are adapted to be developmentally appropriate for participants of all ages. For adults, particularly those focused on work-life integration, changes in stress levels and emotional well-being are measured through surveys. Peer and group feedback further enrich the evaluation process, fostering a sense of community and shared growth.

## **Process for hiring, training, and evaluating my performance/effectiveness.**

Dr. Jabani is dedicated to continuous improvement, engaging in ongoing professional development through workshops and training to enhance her teaching methods. She evaluates her performance by reviewing participant feedback, artistic outcomes, and pre/post self-reflections to identify areas for growth. Regularly seeking input from colleagues and mentors, she adjusts her approach to meet the needs of diverse participants. Follow-up with participants helps measure long-term impact and integration of skills learned. This reflective process ensures her programs remain effective and responsive.

### **How are participants of all backgrounds and abilities included in programming?**

Dr. Jabani designs arts-integration and wellness programs that are accessible to participants of all backgrounds and abilities. Using trauma-sensitive and culturally responsive approaches, she adapts activities to accommodate various skill levels and needs. Mindfulness practices, such as breathwork and movement, support participants in engaging at their own pace. By fostering a supportive environment and actively seeking feedback, she ensures that every participant feels valued and included, creating a space where all voices can be heard and respected.

### **How do I engage teachers and community center staff before, during, and after programming?**

Before the program begins, Dr. Jabani Bennett engages teachers and community center staff through pre-program meetings to discuss goals, expectations, and the specific needs of participants. Collaborative planning ensures that the program aligns with the objectives of the staff, while resource-sharing, including materials and brief professional development, prepares them for the sessions ahead. During the program, Dr. Jabani encourages active collaboration by inviting staff to participate, fostering a shared experience. Regular check-ins provide opportunities to adapt the program in real-time, while modeling mindfulness and creative exercises helps staff integrate these techniques into their own practices. After the program, Dr. Jabani organizes debrief sessions to gather feedback and discuss improvements. She provides follow-up resources and continued support to help staff continue using the techniques learned. Celebrating participant achievements through showcases and sending thank-you notes reinforces the success of the program, and sharing the program's outcomes demonstrates its impact on both participants and the community.

### **How do I engage participants in the creative and learning process?**

Dr. Jabani Bennett engages participants by creating a safe, inclusive space that encourages self-expression and creativity. The focus is on the process, not perfection, with hands-on activities like collage making. Participants reflect on their identities and experiences through prompts, while mindfulness practices help them connect with their emotions. They're given choices in materials and themes to foster ownership of their work. Collaboration is encouraged, and positive feedback builds confidence. Creative prompts spark ideas, and opportunities for

expression through art, writing, and movement enhance the experience. Sessions end with reflection and sharing, reinforcing the connection to the creative process.