

## Letter of Recommendation: Kia Portafekas

Having observed Kia Portafekas's children's creativity workshop and having had her as a coach to help guide my own creativity and self expression, I am very familiar with her work and highly recommend her.

In her work with children and adults, she immediately puts them at ease, and through a variety of instructional approaches – using art, music, movement, visualization, and breathing – she guides them masterfully towards a pure and authentic expression that reflects their feelings and individual personalities. By the end of the workshop, they are more confident, and able and willing to share a painting, a choreographed dance, or a song of their own composition. I was amazed at the expressions of joy on everyone's faces!

As my coach, Kia helped me become more confident in my self-expression and more creative and loving in all my endeavors, including music, work, and my relationships with others. With her guidance, I experienced an awakening to a much more expansive self, able to tap into my own creative and spiritual reserves in a way I never would have thought possible. Kia's gift is her ability to see the creative potential within us and to help us unlock and realize it to the highest degree possible. To say that Kia touches people's hearts and makes a difference in their lives would be a vast understatement.

Please feel welcome to contact me if you would like to hear more about Kia's work.



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