



JESSICA I. MORALES

Mind Strategist, Performance Coach

📞 213.935.0061

✉️ beyoubloom@gmail.com

www.beyoubloom.com

PERFORMING/SPEAKING SPECIALTIES:

- Perform from the whole vs compartmentalized or in the head
- Speak the mind's language, Creative Visualization & Imagery
- Build psychological safety for creative risk-taking
- Break through the critical/editing filter of the ego
- Mental rehearsal/Condition the physical body to perform
- Desensitize to fear, anxiety, triggers, blocks, or failure
- Curiosity to increase dopamine (the motivating hormone) & serotonin (the satisfaction hormone) for memorization of key points
- Apply your natural gifts to deliver your message in a manner that is authentic, fun, and allows for unedited signature moments that leaves your mark

TESTIMONIALS:

"Jessica brings so much light to our performing arts union!"

- **Charity Allen, Education Coordinator, SAG/AFTRA**

"Jessica taught me how to use visualization in my preparation work, so that when the time comes, I am able to remain laser focused and not affected by external interruptions to get to the end goal. I was able to use a few mindfulness tools to get rid of nervousness and to center myself so that when I was filming The People vs OJ Simpson on FX and also GRIMM on NBC I was completely engaged."

- **Maurice Webster**

"What I found most enjoyable about your class was the true sense that acting is not about one, plastic, reality. To look at our own blocks and challenges and acknowledge those deeper aspects of our being, and to create pathways to channel in new energy while releasing old ways is a cathartic journey. Experiencing these states of being through the models explored in your class really allows us to plant ourselves, firmly in the ground, as actors, as individuals, and both shed and embrace those unique things about ourselves that make us real, unapologetically."

- **Melissa Morch**

"Jessica's teachings were mind blowing and so amazing, exercises I have never done this before but I beg of you to please get her back. There is more she can teach us. It has transformed my life. Our well-being and happiness are so important and I feel there aren't enough classes teaching that. If one doesn't feel at one's best, no matter how many acting classes one takes, one will never get there."

- **Barbara Grace Dior**

"I recently took a sag workshop, led by the vivacious Jessica Morales @beyoubloom called "Breaking through the blocks"; and this class allowed me dive deeper into the hindrances that affect my mind and pushed me closer to "healing my inner child". I left the class with answer I DIDN'T EVEN KNOW I needed, and I felt so much lighter with that knowledge in tow."

- **Viddona**

TOOLS & TECHNIQUES:

- Breathwork
- Hypnotherapy
- Emotional Freedom Technique
- Imagery & Creative Visualization
- Positive Psychology Interventions
- Fictional Journaling/Backstory
- Desensitization/DeConditioning
- Dream Therapy for Mental Integration

-
- Member of SAG/AFTRA
 - Instructor for SAG Conservatory/ Performer's Coach
 - Expert Writer for Backstage Magazine and Psychology Today
-

