

WINTER 2019

turningpoint

YOUR LIFESTYLE, YOUR WELL BEING

Ambitious & Fired Up
Lead Vocalist of Odyssey and Solo Artist

KayJay Talks about her New Album

STEP INTO YOUR
FUTURE WITH
PASSION
PURPOSE AND
POSITIVITY

Described as 'The UK's Finest Artist'
Tony Momrelle Talks to
TurningPoint about his new
Album and Vision



Flame International Fashion &
Art Festival Event Organiser

YANA FLAME- Queen of
Couture Powers Her Way
to Success

Insight and Wisdom from The
'Mama Used to Say'
Legend Junior Giscombe



Ladies of Style

The Three Degrees Are Back in
the UK in 2020

Valerie Holiday Gives Insight into their Career

And more Great Content
inside: Restaurant Reviews
True-Life Stories
Mental Health Advice
and much more

HEALTH AND WELL-BEING

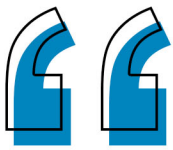
CLAIMING THE TRANSFORMATIVE POWER OF VOICE BY KATIE ROSE



When the whole world is silent, even one voice becomes powerful.'
- Malala Yousafzai

A voice is a unique personal instrument of expression in this world, a vessel of transformation. Whether it's just asking someone to pass the salt or sharing our deepest feelings in a heart to heart, using our voices changes the world around us. It can liberate our power, communicate our passions, create connections and as some of the world's greatest leaders and artists have demonstrated, ignite a whole movement of change. It is ours to claim and use with awareness. Here's some reflections and prompts to help us claim the personal, communal and global power of our voice.

The Personal Power of Voice

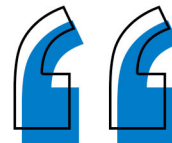


Believe in the power of your voice! Be yourself. Everyone is unique.'
- Barbara Streisand

There is an old saying that the tongue is the most powerful muscle in the body because it can break a human heart. Our voices have the power to make and break relationships and express our deepest truths and creative callings. However, many of us lose connection with the power of our voices at an early age. We are conditioned to look outside ourselves for sources of authority and the external voices of our parents, teachers and peers can become internalized as the voice of our own inner critic. Claiming our true voice can seem daunting, but it is a liberating journey with many rewards. There are so many empowering forms of creative expression available to us to help us grow – writing, music, dance, art.

Q - What can I do to nurture my vocal / creative expression?

The Communal Power of Voice

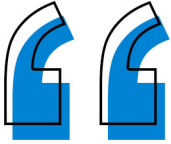


If you're a voice for a community, then you're a voice for something more than yourself.'
- Vince Staples

As rapper Vince Staples, who has funded a Youth Institute in his home town expresses, by following our creative calling, we can inspire and uplift others. Whether it's running a fundraising cake bake, local arts project or street party, there are so many ways we can use our creative expression to serve our communities. As I see so often in my work with choirs, groups with a creative purpose, these quickly become an eco-system of mutual support, building both personal and collective resilience, strength and contribution.

Q - What can I do to connect creatively with others in my community?

The Global Power of Voice



I think music has the ability to inspire people and to change hearts, and the heart has the power to change the mind, and the mind has the power to change the world.
- Serj Tankian

Used wisely, our voice is an instrument we can dedicate to creating a happier world. Research demonstrates that those who participate in arts activities are more likely to contribute to charities and the wider community. Whether it's using your talents to fundraise, signing petitions, protesting, writing social media posts, letters or articles - there are so many ways we can raise our voices for causes that are important to us. The joy we gain from making a difference is contagious – like a great dance tune, everyone wants to join the party. Together we can sing a song that leaves a legacy of love for those who come after us.



Katie Rose

The Rose Garden

<https://www.facebook.com/therosewindow>

<https://www.youtube.com/watch?v=L-lbAaleefw&feature=youtu.be>

www.therosewindow.org