

# heal.be.live.

**heal.be.live.**, LLC uses creative methods to energize workshops, trainings, and meetings. We connect individuals with community resources that are: beneficial to their growth and development, will enhance their ability to integrate more effectively into community settings, and that will enhance their skills of daily living. #ARTivism

## BRIEF BIOGRAPHY

[Morgan Breon](#) holds four degrees from the University of Michigan Ann Arbor—Dual Masters in Social Work and Education Policy, and Dual Bachelors in Psychology and English. She is a Certified Relationship Coach in the Gibson Integrated Attachment Theory, and has over 15 years of facilitation experience.

In 2017, Morgan decided to incorporate her gift for acting and playwriting into her advocacy work, and founded [heal.be.live., LLC](#). She is an award-winning playwright, a 2017 Mitten Lab Fellow, 2017-2018 University Musical Society (UMS) Artist in Residence, 2018 Playwriting Scholarship Recipient with PlayPenn Theatre in Philadelphia, PA, 2018 Kresge Arts in Detroit Fellow, 2021 4.0 Essentials Fellow, 2022 Eastern Michigan University Porter Chair recipient, 2022 Comcast RISE Technology Recipient, a 2022 and 2024 4.0 Tiny Fellow. Her work has been presented at Eastern Michigan University, University of Michigan-Ann Arbor, [Mosaic Youth Theatre of Detroit](#), [Interlochen Center for the Arts](#), [TEDxDetroit](#), [ASHE](#), [AERA](#), [OABSE](#), [KCACTF](#), [Shakespeare in Detroit](#), [Connect Detroit](#), [Life Leaders](#), [SUNFO International Children's Wing](#), [Bermuda Union of Teachers](#), [CEYou Plus](#) and a plethora of schools, universities and community organizations.

**PRE-DESIGNED WORKSHOPS** | *\*To book a pre-designed workshop, click [HERE](#).*

Pre-designed offerings range in length from 60 minutes to full day workshops, and can be adjusted to meet the needs of our clientele. All pre-designed offerings couple theatre, poetry, music and/or performance with interactive activities to engage participants in discussion and action-oriented learning. Pre-designed offerings use creative methods to cover a wide variety of topics including, but not limited to: personal wellness, professional wellness, Black student advocacy, trauma-awareness, art healing, professional development and more. Our current pre-designed workshops are as follows:

- [Boundaries in the Workplace](#)
- [Don't appropriate, Appreciate!](#)
- [Healing Through Art \(Intro\)](#)
- [It's Already In You](#)
- [Performance in Teaching](#)
- [Professional Ties to Personal Wellness](#)
- [The Black Student Advocacy Project \(Intro\)](#)
- [The heal.be.live. Method \(Multi-Week Series\) | \[\\[News Story\\]\]\(#\)](#)
- [The Power of Storytelling](#)
- [The Danger of Hope™: Experiential Training \(5 Part Series\)](#)

# heal. be. live.

**CUSTOMIZED WORKSHOPS** | \*To book a FREE 20 minute consultation, visit [HERE](#).

All of our pre-designed offerings can be customized to meet the needs of our clientele. New workshops can be designed for clients that are interested in one of our core topics, but not specifically covered by one of our pre-designed workshops. **Consultations are required for all customized workshops.**

## PRICING GUIDE

This guide has been developed based on prior experiences delivering workshops and trainings. \*Most prices are negotiable.

Products	Description	Overview	Pricing
Pre-Designed Workshop <b>(60 minutes)</b>	50 min. interactive workshop + 10 min. Q&A	<ul style="list-style-type: none"><li>• 1 meeting to discuss program needs</li><li>• Hosted by organization</li><li>• PDF handout</li></ul>	\$1,000/ workshop
Pre-Designed Workshop <b>(90 - 120 minutes)</b>	75 - 105 min. interactive workshop + 15 min. Q&A	<ul style="list-style-type: none"><li>• 1 meeting to discuss program needs</li><li>• Hosted by organization</li><li>• PDF handout</li></ul>	\$2,000/ workshop
Pre-Designed Workshop <b>(150 - 180 minutes)</b>	135 - 165 min. interactive workshop + 15 min. Q&A	<ul style="list-style-type: none"><li>• 1-2 meetings to discuss program needs</li><li>• Hosted by organization</li><li>• Session worksheets</li><li>• PDF handout</li></ul>	\$3,000/ workshop
Pre-Designed Workshop <b>½ day (4-4.5 hours)</b>	Interactive workshop delivered on the same day.  <i>*Content is equivalent to 3 workshops.</i>	<ul style="list-style-type: none"><li>• 2-3 meetings to discuss program needs</li><li>• Hosted by organization</li><li>• Session worksheets</li><li>• PDF handout</li></ul>	\$5,500/ half day  <i>(*price includes \$500 discount)</i>
Pre-Designed Workshop <b>1 day (8 hours)</b>	Interactive workshop delivered on the same day.  <i>*Content is equivalent to 5 workshops.</i>	<ul style="list-style-type: none"><li>• 2-3 meetings to discuss program needs</li><li>• Hosted by organization</li><li>• Session worksheets</li><li>• PDF handout</li></ul>	\$9,250/ day  <i>(*price includes \$750 discount)</i>
<b>*Customized Workshop</b>	60 - 120 min. customized art-infused interactive workshop.	<b>*Content Varies</b>	<b>*Prices Vary</b> <b>(Contact for Pricing)</b>

**\*In-Person Workshops:** Additional cost per day for travel/accommodations/per diem expenses as needed.

## CONTACT

[Morgan Breon, MSW, EdMA](#) | [morgan.healbelive@gmail.com](mailto:morgan.healbelive@gmail.com) | [www.healbelive.com/about](http://www.healbelive.com/about) (PDF Resume)