

Valerie Vigoda

Musician, Composer, Performer, & Educator

PEAK Aliveness: Transforming Fear Into Flow. Her unique personal story of repeatedly facing into her greatest fears, rising to challenges in order to grow and play larger in the world, resonates with anyone who has ever felt insecurity, stagnation, or the fear of not being "enough." The listlessness and boredom we feel from cloaking our greatest ideas is an internal cry for life-changing power; we were meant and made for so much more.

Based partly on the heroic journey of Antarctic explorer Ernest Shackleton—the subject of her own hit Off-Broadway musical—the presentation inspires people to climb higher peaks, connect with their own courage and optimism and level up. Valerie's PEAK Aliveness program propels us toward the juicy edge of resistance, that sizzling place where we can be our truest, most innovative and fearless selves.

She also offers the extraordinary option of composing a theme song specific to your event, which she performs with her unique solo live-looping setup.

**Combines Musical Performance, Story, and Interactivity*
