

## **Nominate a Professional**

### **Stephanie Morgan**

Steph is an Actor Training Coach like no other. She has used her enormous heart to radically change the industry she works in, implementing pioneering techniques to help as many actors as she can to feel happy, balanced and safe in their work, and to take care of their mental health before anything else. From getting up at 6am to take people on walks and wild swims, to providing a safe space for people to work through their trauma and let go of unhealthy defence mechanisms they have learned. It all comes from her, her own time, her own energy, her own money, her own drive to do her part to make people's lives better. She really is one of the best humans and deserves all the recognition for her outstanding work.

Steph is very open when it comes to talking about her own trauma and negative experiences across her life, and I know it is these experiences that fuel her mission to help people feel calm and at ease with themselves. She has talked a lot about a time in her life when things were particularly dark, and she says the thing that saved her was standing on her front doorstep every morning and just taking one breath. That's something she talks a lot about in her coaching; "If you do anything today, just take one breath". She teaches a lot of breathwork practices which really allow people to come home to their body and come into the moment.

Acting is notoriously a "tough", "hard" industry, which has left many creatives with extremely poor or deteriorating mental health, low self-esteem, poor body-image and severe anxiety and/or depression. This was certainly the case for me when I left Drama College. I had turned in to a shell of myself after years of putting so much pressure on myself and never feeling good enough. I started taking classes and going on retreats with Both Feet and the training was like nothing I had ever experienced before. All of a sudden, I was in this safe space where I could learn to be kind and gentle to myself. I was going out in nature on walks and cold swims first thing before heading into the studio so we could learn to be grounded and present. I healed more during my work with Steph than I did after months of therapy, and I still use tools that she has taught me to this day to help feel balanced and regulate my nervous system. I think the fact that people go back to her time and time again is a testament to how people feel in her presence and what they get out of working with her.

I initially started training with Steph to refine my acting technique, which has most definitely happened, and I will continue to access this excellent service, but I had no idea the extent of what I was going to discover by doing so. I have been back for 'non-acting' retreats when I have felt like I needed a reset and a space to breathe if things have started feeling overwhelming, and I am so incredibly grateful to Steph for providing that space.

Steph is consistently showing resilience in order to enrich the lives of others. She invites groups of people into the space at different points of their mental health journeys and has to the hold the space with strength for all of them to ensure regardless of what they're experiencing personally that they feel safe and supported whilst ensuring the rest of the group isn't negatively impacted and simultaneously feels safe and supported. It's an incredibly tough job and yet she consistently looks for ways to do more and do it better.

She lives by example, ensuring to acknowledge her feelings, flaws and humanity. When she is feeling tired or emotionally drained, she tells the people around her what she's feeling and the tools she is implementing to help her. It takes a lot of strength to show this vulnerability, but it is vital to the people around her to help them feel accepted and not patronised because they can see Steph as a human being who has the same struggles that they do.

What other people have said about Steph:

"Steph has an unmatched insight into human nature and has guided me so beautifully over the past 4 days in to being a more present and grounded version of myself".

"She (Steph) taught us how to be open enough to let the feelings come safely and how to come back from them".

"My 3rd retreat with Steph and I would book myself on to another one right now if I could. The level of commitment and love Steph brings is second to none".

“Steph creates the safest, most positive space”.

“What a stunning experience. Nurturing and inspiring”.

“Forever changed”.

“I’m looking at the world with more clarity, compassion and gratitude”.

“Feeling fully supported and not judged”.

“I’ve learned to take time for myself, check up on me, to realise when I’m closing down and to let go and release”.

“I feel more grounded in myself than I ever have”.

“I don’t know a single human that has worked with Steph and hasn’t fallen truly, madly, deeply in love with her and her wonderful soul”.

“It provided me with time to decompress, reflect and practice skills to reduce stress and help with self-confidence”.

“Both feet acting retreats are pure magic”.

“Changed who I am and how I see the world”.

“Breathing, connecting with each other, connecting with nature”.

“I’ve learned to be open to fail, open to grow, and to let people in”.

“This has been the most incredible journey of my life”.

"I've learned so much about myself, what I can achieve and how strong and capable I am".

"I will carry this with me forever".

"I'm leaving knowing I have a lot more control in my life than I have given myself".

"If it wasn't for the scholarship scheme, I wouldn't have been able to attend".

"Steph is a beautiful and trustworthy tutor".

"This lady is one of the most hardworking, badass people out there".

"She's changed my life".