THE FEMALE DIY MUSICIAN

Cis-Women

**Trans Women** 

Afab Non-Binary

**Afab Trans** 

expand the possibilities of

who we can be.

Instead of an emphasis **COMMUNITY** on confidence, which puts the responsibility on already marginalised individuals. Within, with others and in Trust the creative process. All questions welcome, Non Judgement we all arrive as beginners. Respect and thought for **Empathy** other people's experiences. **Growing strength** Vulnerability together through

mistakes, experiences

and owning our stories.

Rejecting patriarchal ideals **GROWTH** of the 'expert' or 'professional' and instead valuing the act of being in constant process. Respecting an internal knowing we may not Intuition consciously understand yet. Incorporating the learning **Learning Diversity** styles we thrive with best. Noticing our emotional reactions to challenging Mindfulness tasks and setbacks without self-judgement. approaching learning with Play fun and the chance to