

## **Emma G – Coaching & Education Profile (2025)**

Empowerment Through Songwriting Coach | Vocal Instructor | Mental Health Advocate | Two-Time TEDx Speaker

Emma G is an award-winning educator, empowerment coach, and internationally recognized musician whose work lives at the intersection of voice, resilience, and emotional intelligence. Blending creative arts with trauma-informed coaching, her programs help youth and adults transform stress, anxiety, and internalized pressure into clarity, confidence, and self-expression.

With over a decade of experience in teaching, youth work, and performance, Emma has developed a groundbreaking coaching method — Empowerment Through Songwriting — that integrates mindset work, vocal technique, and the healing power of music to guide clients toward self-awareness and emotional regulation.

### **Teaching & Coaching Experience**

- Founder, Empowerment Through Songwriting & Vocal Coaching (2016–Present)  
Private and group coaching for teens and adults using songwriting and somatic voicework to explore identity, build confidence, and support emotional regulation.
- Founder, YES Youth Coaching (2019–Present)  
Delivering songwriting-based social-emotional learning (SEL) residencies, workshops, and school partnerships to empower youth through creative self-expression.
- Vocal Instructor, International School of Music (2022–2025)  
Private voice teacher supporting students aged 6–18 in vocal health, performance readiness, and authentic expression.
- Residency Teaching Artist – Montgomery County Schools (2022–Present)  
Providing songwriting and vocal coaching programs in middle and high schools across Montgomery County, Maryland, with a focus on student wellbeing, self-esteem, and healthy communication.
- Workshop Facilitator – Vive Treatment Center (Ongoing)  
Leading recurring six-week group coaching series to support adolescents in recovery, using music and lyric writing as tools for identity rebuilding and therapeutic growth.
- Online Course Creator – Launching October 2025  
Creator of Mental Health Sounds Like This: The Course, a six-module video series empowering teens and parents to use songwriting and creative practice as a tool for connection, healing, and resilience.
- Stress Management Workshop Facilitator – Global Journalism Security (2024–2025)  
Designed and delivered trauma-responsive vocal workshops for frontline journalists managing PTSD and chronic stress.
- Self-Defense Empowerment – Krav Maga CDK (2020–Present)  
Integrates physical and emotional empowerment techniques in collaboration with Krav Maga CDK (co-run with her husband) to support students in building both physical confidence and

emotional grounding.

- Music Educator, Te Wānanga o Aotearoa – New Zealand (2012–2015)

Taught music theory, songwriting, and performance to adult learners, infusing culturally responsive pedagogy grounded in Māori values.

- Outdoor Educator – Nature’s Classroom (2015)

Facilitated outdoor science and environmental education for youth through immersive, experiential learning programs.

- Youth Empowerment Instructor – Chimney Corners Camp for Girls (Summer 2015)

Led empowerment-based hiking and leadership programming for girls aged 10–16, blending physical adventure with reflective journaling and group dynamics.

### **Signature Coaching Topics**

- Mental Health Through Songwriting
- Somatic Voicework & Nervous System Regulation
- Creative Identity & Authentic Expression
- Vocal Empowerment for Teens & Adults
- 
- Group Residencies for Schools & Treatment Centers
- Performance Confidence & Stage Readiness
- Trauma-Informed Youth Coaching
- Self-Defense Meets Self-Expression (Krav Maga + Voice)

### **Certifications & Training**

- In Progress: Krav Maga Worldwide Courage Coaching Certification
- Ongoing development in trauma-informed education, somatic healing, and creative coaching methodologies
- Certificate in Adult Education [WINTEC]
- Certificate to Te Ara Reo Maori

### **Featured Institutional & Community Partners**

- Story Tapestries
- Montgomery County Public Schools
- YMCA New Zealand
- Vive Treatment Center
- GJS (Global Journalism Security)
- Glen Echo Park

- Hard Rock Café International
- Krav Maga CDK

### **Publications & Thought Leadership**

- Mental Health Sounds Like This – #1 Amazon Bestseller in Songwriting and Emotional Mental Health
- From Pain to Playlist – Interactive workbook for teens
- Reconnect With Your Teenager – Parent’s guide to creative connection
- TEDx Talks: Turning Struggles into Song + How Songwriting Saved Me After Ten Brain Surgeries

### **Seen & Featured On**

PBS | NPR | ABC7 | FOX | Thrive Global | Washington Post | RNZ | CBC | TEDx | The Daily Show | WUSA9