



Edna Nerona

Empowerment Through Art

May 5, 2025

Inspirational

**Art is the Language of
the Heart**

by Deeyah Khan

<https://www.youtube.com/shorts/q4Np60EBP00>

**"Everything that you
ever wanted is in the
other side of fear."
Viola Davis' advice
from her makeup artist**
<https://www.instagram.com/wawasworld1/reel/DEDPd57s5bz/>

**Practice Any Art -
Ian McKellen reads Kurt
Vonnegut's inspirational
letter to some students**
<https://www.youtube.com/watch?v=DH8Oy1zAshw>

**Sister Corita Kent's
10 Rules of Art**
<https://www.corita.org/tenrules>

EDNA NERONA

Speaker, Comedian, Musician

RESOURCES

Public Speaking

- <https://www.coursera.org/courses?query=public%20speaking>
- <https://craigvalentine.com/>
- <http://www.ednaspeaks.com> - I also teach and provide one on one coaching. Please email me at edna@ednaspeaks.com to discuss your specific goals.

Stand Up Comedy

- **National Comedy Theatre (NCT)**
 - <https://nationalcomedy.com/stand-up-comedy/>
 - Instructor: Tony Calabrese
 - Notes:
 - I know many active comedians who have trained here.
 - Classes fill up very quickly!
- **Point Loma Playhouse**
 - <https://www.pointlomaplayhouse.com/stand-up-comedy.html>
 - Instructor: Tony Calabrese?
- **MicDrop Comedy**
 - <https://www.micdropcomedysandiego.com/events/111633>

Piano Lessons for Beginners

- **Palomar Community College**
 - <https://www.palomar.edu/performingarts/home/music-degrees-and-programs/music-classes/>
- **San Diego College of Continuing Education**
 - <https://sdcce.edu/coursenet/course/piano-1-2-0a>
- **San Diego Community College - search 'piano lessons'**
 - <https://www.sdccd.edu/>

Books

- *The Art of Public Speaking* by Dale Carnegie
- *The Artist's Way* by Julia Cameron
- *The Gifts of Imperfection* by Brené Brown
- *Long Story Short: The Only Storytelling Guide You'll Ever Need* by Margot Leitman