

"WHAT DO YOU HAVE THAT IS VALUABLE? WHAT DO YOU HAVE THAT YOU CAN SHARE?"

When Maestra asked songwriter Jae Broderick if she would teach a Virtual Technical Workshop, the organization helped her embrace her value as an artist. Broderick was inspired to develop a workshop on deconstructing criticism, a skill she gleaned from her years at the BMI Musical Theatre Workshop.

"The entire idea of deconstructing criticism is to remove the sensitivity we have around receiving criticism," she explained. "It's really filtering feedback to achieve your truest work."

At the workshop, Broderick presented a new song and opened herself up to critique, modeling how to receive feedback. She has since turned her workshop into a book, now available on Amazon.

THE BOOK FEATURES A NON-BINARY PROTAGONIST, Alex, who initially has trouble receiving criticism. Throughout the narrative (which includes illustrations by Broderick's sister), you learn, through Alex, how to separate your artistic self from your other self, what to do when you're the only person of your identity in the room, how to navigate imposter syndrome, and more.

THE RESPONSE HAS BEEN "TREMENDOUS" – PROOF THAT YOU DON'T HAVE TO WAIT FOR PERMISSION TO SHARE YOUR WORK WITH THE WORLD.

"THIS BOOK WOULD NOT EXIST WITHOUT MAESTRA,"

Broderick said. "It would have never crossed my mind to write something like this, or even to give a workshop. The powerful thing that Maestra did was ask the question: What do you have that is valuable? What do you have that you can share? Because we spend so much time inside ourselves, we never think we could have something that somebody else could use. For me, this book is the greatest example of that. When you speak your truth, it allows people to feel and speak their own truth."

