

Francesca Durham - Project Curator, Emancipation Art Exhibition

Former HBHAS Vice Chair, Francesca Durham is a self-improvement and personal development Life Coach and mentor. After 20 years in corporate HR and recruitment an opportunity to expand independently presented itself. Today Francesca helps clients transition through major life crisis opening a pathway for re-discovering their potential. MUSIC and MARI expressive art workshops facilitated by Francesca are uniquely created for such self-discovery. Each workshop provides an experience to uplift and improves well-being.

Francesca's therapeutic harp practice helps long term health care facilities provide life-enriching experiences to dementia and Alzheimer sufferers. In her practice, she also serves palliative care and hospice, those suffering from chronic pain, MS, Cancer and Strokes. She is a certified therapeutic harp practitioner and clinical musician. Francesca also enjoys mentoring students from the Harp For Healing program while balancing her day to day activities.

Francesca has self-published two books is a certified Colour Life Coach, Colortime® Image Consultant and when not blogging or writing she enjoys spoiling her 4lb Yorkie with lots of play time and nature walks.

Francesca volunteered in friendly visiting and hospice for over a decade. Today, she regularly volunteers at The Darling Home For Kids in Milton and most recent, Tansley Woods long term care facility in Burlington. To learn more visit: francescadurham.com.