



Master Class: Building Confidence and Resilience as an Artist

RECOMMENDED RESOURCES

Online Content:

- [Amy Cuddy: Your body language may shape who you are](#)
- [The Artist's Way - Morning Pages](#)
- [7:11 breathing: How does deep breathing make you feel more relaxed?](#)
- [The Volcano Ritual](#)

Books:

- [Daring Greatly](#) by Brené Brown
- [The Artist's Way](#) by Julia Cameron
- [The Four Agreements](#) by Don Miguel Ruiz
- [The Myth of Normal](#) by Gabor Maté and Daniel Maté

Sundance Collab Videos:

- [Master Class: Building and Sustaining Your Career as a Writer and Director with Kasi Lemmons](#)
- [Master Class: Building Your Online Presence for Filmmakers with Digital Strategist Ryan Davis](#)
- [Master Class: How to Find Representation for Writers and Directors](#)
- [Master Class: Jumpstart Your TV Writing Career with Kelly Edwards](#)
- [Master Class: Lessons from a Life Behind the Camera with Ken Kwapis](#)
- [Master Class: Own Your Voice - Pitch and Present with Confidence with Jackie Miller](#)
- [Master Class: Thriving as a Woman in Leadership with Pat Mitchell and Karyn Kusama](#)
- [Advisor Studio: Kisha Imani Cameron on Navigating Imposter Syndrome & Building Confidence as an Artist](#)
- [Advisor Studio: Staying Relevant in an Evolving Film Industry with Brian Newman & Ted Hope](#)
- [Advisor Studio: Suzanne Lyons on the Art of Networking](#)
- [Spotlight: Reggie Butler on Sustaining Yourself as an Artist & Designing a Vision for Your Life's Work](#)
- [Creator Meetup: Taking Care of Your Mental Health On & Off Set with Malikkah Rollins, MSW](#)

Sundance Collab Courses:

- [Directing Actors](#)
- [Screenwriting: Core Elements](#)
- [Screenwriting: From Outline to First Draft of Your Screenplay](#)
- [TV Writing: Core Elements](#)
- [TV Writing: From Outline to First Draft of Your Pilot](#)
- [Documentary Filmmaking: Core Elements](#)
- [Discover: Fiction Producing](#)
- [Discover: Documentary Producing](#)
- [Discover: Ethical Documentary Directing](#)
- [Pitching Yourself & Your Work \(On Demand\)](#)
- [Legal & Business Essentials for Filmmakers \(On Demand\)](#)
- [Preparing to Direct Your First Feature Film with Andrew Ahn \(On Demand\)](#)
- [Producing Your Independent Film with Atit Shah \(On Demand\)](#)