

Panel 1

Financial Empowerment: Strategies for Earning a Livable Income



Cara Carmina

Illustrator, Designer & Entrepreneur

“My real name is Norma Andreu, but most people call me Cara, (feel free to call me that too!)”

Cara Carmina is a Mexican illustrator, author and textile artist living in Montreal, QC since 2009. She has a background in graphic design (Mexico City, Fine Arts Institute), drawing (Florence, Istituto Spinelli) and fashion and children illustration (NYC, Parsons).

Cara is also a designer and entrepreneur! She wears multiple hats to keep her career as an autonomous artist afloat and to nurture her passion for art.

Cara has 19 children books published as an illustrator (and she also wrote the text for 6 of these books.) She draws with her sewing machine, makes dolls, and has her work displayed on the streets of Rome and Montreal.

Cara strives to portray the beauty of simple things, transforming a piece of paper or thread into something beautiful. Her art is expressive, colorful and whimsical, inspired by her Mexican roots.



Sylvie Trouvé

Animator & Educator of See Creature Animation

Sylvie Trouvé is a filmmaker and animator who lives in Montreal, Canada. She has worked on a wide range of productions from feature documentaries and films such as *The Little Prince* to commercials for Honda and Lego. She combines hand-crafted stop motion with the latest digital technologies to create award-winning content. She is the director of *Orange*, *Reflection*, and *Bone Mother* all with the NFB. In 2011, she co-founded See Creature with her husband, Dale Hayward.



Dale Hayward

Animator & Educator of See Creature Animation

Dale Hayward is an animator, director and co-founder of See Creature Productions and See Learn Academy. When not collaborating with brands like Nike and Hot Wheels or working on projects like Netflix's *The Little Prince* or *Kiri and Lou*, he can be found running in the hills with his kids or finding some strange thing to animate with his wife and co-collaborator Sylvie Trouvé.

See Creature Productions

Founded on the belief that anything can be animated Dale Hayward and Sylvie Trouvé created See Creature Animation. Since 2011, they've created unforgettable stop motion films, ads, music videos and docs with a human touch and have worked on award-winning films like Netflix's *The Little Prince* and with brands like Nike and Hot Wheels.

Always aiming to deliver messages that inspire, the team at See Creature is fueled by the belief that stories can make positive change and solve meaningful problems.

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Lacy Alana

Circus Artist, Writer, Psychotherapist
& Founder of YesAndBrain

Lacy is a multidisciplinary artist, trainer, consultant, psychotherapist, and interpersonal neurobiology enthusiast. Lacy has a multifaceted professional history that centers blended knowledge from the arts, brain science, communication science, and psychological frameworks.

Whether working in the corporate world, providing trainings and keynotes, running circus and improv theatre programs for neurodivergent and at-risk youth, teaching adults, working in the non-profit sector, training educators and helping professionals, or working as a psychotherapist - Lacy's work focuses on teaching others how to effectively connect, create, communicate, and move through the world with the nervous system, the arts, and communication science in mind.

Lacy holds a Master's degree in Clinical Social work, and is a Licensed Clinical Social Worker in the US, and Registered Social Worker in Canada. She has a degree in Creative Advertising. She is the founder and director of Yes And Brain, a company that blends brain science, applied improvisation, communication, and psychology to offer one-of-a-kind experiential trainings, consulting, and courses. In addition to work done through Yes And Brain, Lacy teaches circus and improv in both mainstream and adaptive settings. Currently based in Tio'tia:ke (colonially known as Montreal), she travels worldwide to offer trainings.



Tam Lan Truong

Classical Music
Photographer

Tam Lan Truong, a McGill University graduate from the Desautels Faculty of Management, is a multilingual professional photographer specializing in classical musicians.

Fluent in English, French, Vietnamese, and German, Tam has honed his skills without formal photography training, drawing inspiration from his father's cinematography background at the Gerasimov Institute of Cinematography and guidance from influential mentors like his piano professor, Rita Jans, and music teacher, Hans Georg Hinderberger.

Tam's journey in photography began unexpectedly in Montreal, where he initially engaged in diverse activities like comedy dance and choir singing. His breakthrough came from a gig with Opera McGill at the Schulich School of Music, leading to rapid professional growth. He soon started capturing Schulich's concerts and events, quickly amassing an impressive portfolio.

Today, Tam boasts a substantial clientele, including Opera de Montreal, Concours Musical International de Montreal, GFN Productions, and Schulich School of Music. His portfolio features international stars such as pianist Lang Lang, soprano Dame Kiri Te Kanawa, and violinist Maria Dueñas. Renowned for his versatility, Tam excels in capturing cultural events alongside studio work.

Tam sees photography as more than just taking pictures. It's his way of telling stories and capturing special moments, mixing beauty with the unexpected. His love for music profoundly influences his work, bringing an artistic touch to every photo he takes.