

# DUNAMIS

DUNAMIS \DEW-NAH-MISS\ N 1. THE  
CAPACITY TO BE IN A DIFFERENT AND  
MORE COMPLETED STATE.

Providing professional development training and  
support for Boston's emerging performing-  
artists and arts-managers.



[www.dunamisboston.org](http://www.dunamisboston.org)



"I think we all wish there was a secret path to arts success and there's not. I thought Dunamis was exceptional at providing some tools to find the road to success."





Friends, family, and strangers sometimes disguise exploitation as an "opportunity". Always say, "Thanks, I'll get back to you." Take your time and if it's not right, say no. It may be momentarily awkward but it beats saying yes and resenting them later.



"Choose discomfort over resentment."  
-Brene Brown

**SAY YES CHECKLIST**

- What do I need to provide?
- What needs to be provided for me?
- Is the client trustworthy?
- Am I ready?

CREATE A PERSONALIZED LIST OF STANDARDS/REQUIREMENTS TO BE MET BEFORE YOU SAY YES TO AN OPPORTUNITY.

WHEN ONE FIELD IS SLOW HOP OVER TO ANOTHER AND FEEL NO LESS FULFILLED!

YOUR PERSPECTIVES BLEED INTO EACH OTHER AND MAKE YOU MORE INTERESTING.

ACTOR-SINGER-WRITER?  
DANCER-PIANIST-ADMINISTRATOR?  
NO NEED TO CHOOSE.

**THE HYPERMARTIAL EMBRACE**

3

**HAVE A VISION!**

1 YEAR PLAN?  
5 YEAR PLAN?  
WHAT RESOURCES DO YOU HAVE?  
BE OPEN TO CHANGE.

1.  
2.

IT STARTS WITH SKILL.  
NEVER STOP LEARNING.  
ASK FOR FEEDBACK.  
ACCEPT CRITIQUE.  
Have your Craft!

**Be Ready for Success!**

DO I HAVE MATERIALS TO SHARE?

CAN I BE EASILY FOUND ONLINE?

AM I READY TO CAPITALIZE ON THIS OPPORTUNITY?

6

**Avoid Burnout!**

7

BUILD BOUNDARIES. DON'T OVERWORK YOURSELF AND DON'T FORGET TO PLAY. DO A FIRM SESSION. FEEL WHAT YOU SET A SHOW. ANYTHING. GET IN TOUCH WITH AND REMEMBER WHO YOU CHOSE THIS AS A CAREER IN THE FIRST PLACE.

8. DO IT YOUR DAMN SELF!

"KEEP YOUR WITS ABOUT YOU.  
IT IS NOT NECESSARY TO BARTER YOUR TALENT, YOUR SELF ESTEEM, AND YOUR WORTH FOR THE CHANCE OF PLEASING YOUR INFERIORS.  
IT IS MORE FRIGHTENING BUT IT IS NOT LESS PRODUCTIVE TO GO YOUR OWN WAY, TO FORM YOUR OWN THEATRE COMPANY, TO WRITE AND STAGE YOUR OWN PLAYS.  
DO NOT INTERNALIZE THE INDUSTRIAL MODEL  
YOU ARE NOT ONE OF THE MYRIAD OF INTERCHANGEABLE PIECES BUT A UNIQUE HUMAN BEING AND IF YOU'VE GOT SOMETHING TO SAY, SAY IT, AND THINK WELL OF YOURSELF WHILE YOU'RE LEARNING TO SAY IT BETTER."

-DAVID MAMET

**THE MODERN ARTIST**

DUNAMIS

8 Pearls of Wisdom  
For Emerging Artists

**GROW WITH US.**  
(Open me up for a surprise!)