“Every segment Rayne addressed was crystal clear and well-organized. She packed so much storytelling wisdom into a short space! I especially liked the fact that she included seemingly ‘obvious’ things that we’d expect most writers to know, but then hung other critical considerations on those branches. So for me, the whys of all the things she mentioned were answered—just by the way she presented them.

Once she started, Rayne’s own passion for story took over. What I noticed was the strong, lively energy pouring out of her, and how she directed that energy to each person around the table. Her teaching presence reminded me of the velocity in her writing in Radio Head—nothing superfluous or unfocused, everything needed and carrying its message. Rayne is a good teacher!” —Jennifer Hager, acclaimed book editor

Rayne Lacko, arts advocate & dream maker

Discover how to
dream up the life you want to live

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Author and Dream Maker Programs
Creating the life you want to live requires more than a step-by-step game plan. You have to feel like doing the work. If there is a disconnect between what you wish you could do and what you feel like doing, feelings always win. Rayne supports people of all ages to direct their emotions to design their life to go the way they want as worthy creatives. Everyone has a vision of their dream self, and Rayne can help you positively align your feelings with your self-image. Through group discussion, one-to-one feedback, and thought-provoking creative projects, participants will ignite enthusiasm and reinvigorate a “stuck” or “too big” idea—or take steps toward a new goal.

Are you ready to change the way you see your world? Most popular programs:
- **Passion Analysis**: Discover your talents, and the secret to joy.
- **Transform Your Emotions**: Move from darkness into light.
- **Build Your Confidence**: Cultivate self-love by taking action.
- **Create a Clear Vision of Achieving Your Goals**: Leverage success psychology with emotional reconfiguration.
- **Creative Writing**: Map your protagonist’s emotional journey, brainstorm story conflicts with satisfying endings, and tactical revision.

**How Engaging in the Arts Improves Self-Esteem and Decreases Anxiety in Teens**
Imagine a brain that is constantly seeking pleasure, being bombarded with sensory information and igniting impulses, all while having adolescent fears of the unknown, a lack of self-understanding, and fears of inadequacy crowd in. Join Rayne for a fascinating discussion about how creativity can improve positive self-regard and alleviate anxiety, founded in cognitive research and Rayne’s first-hand experiences and observations working with teens.

Dream maker, award-winning author, arts advocate and nonprofit leader, **Rayne Lacko** helps children and adults struggling with difficult emotions to change the way they see their world using their natural creativity. Rayne is an in-demand facilitator leading arts-based workshops to transform emotions from darkness into light. A former magazine editor for over 15 years, she also helps aspiring professional writers elevate their craft. Rayne is a passionate mentor for self-expression, earning degrees in liberal arts, creative writing, graphic design and leadership in Canada and the United States. She inspires others to dream up the life they wish to live, building the confidence to achieve their goals.

**The DREAM UP NOW™ Workshop**
A fun, arts-based, social-emotional journey from darkness into light for students ages 12–18. Workshops are custom designed by theme, desired outcome, or the specific needs of teen groups. The Dream Up Now workshop is a cost-effective solution to managing fluctuating teen emotions while supporting positive mental health and helping teens set and accomplish personal goals. Ask about leader training for facilitating workshops in your school, library, church, rec center, youth facility, or kids’ club!