

Performances:

03/09/2020: ZouSoul Open Mic
02/18/2021: WordUp! Open Mic
03/09/2021: Art Against the Odds
03/21/2021: Art Against the Odds 2
04/06/2021: Meanwhile in STL
05/11/2021: Meanwhile in STL
03/17/2022: Meat Bog URL Show
09/11/2022: Music at the Intersection Festival
11/22/2022: WordUp! Open Mic
12/06/2022: WordUp! Open Mic
12/07/2022: Fresh Produce Beat Battle
01/26/2023: Verbal Vision Open Mic
02/01/2023: Fresh Produce Beat Battle
03/24/2023: We Live! Artist Showcase
03/26/2023: The Kre8tive Exhibit
04/23/2023: Blank Space Artist Pop Up Show
04/27/2023: Verbal Vision Open Mic
05/16/2023: Beats & Vibes
10/14/2023: SoFarSounds St. Louis
03/26/2024: WordUp! Open Mic
04/26/2024: Lyrical Therapy Open Mic
06/07/2024: Lyrical Therapy Open Mic
06/11/2024: WordUp! Open Mic
06/18/2024: WordUp! Open Mic
06/25/2024: WordUp! Open Mic
06/28/2024: Freudian Thoughts Live (With the Folks!)
02/07/2025: Lyrical Therapy Open Mic
02/28/2025: The Hip-Hop Takeover @ The Dark Room STL

Workshops:

09/06/2022-09/11/2022: MVSTERCAMP Artist Bootcamp
05/18/2023: What Works Workshop Regional Arts Commission
09/07/2023: Intersessions Conferences St. Louis
09/08/2023: Intersessions Conferences St. Louis
01/17/2024: Tidal Rising Mastering Sync: How To Get Songs on TV Shows and in Films Workshop
02/07/2024: Tidal Rising Show Me The Money! How Royalties Work (and How To Get Paid) Workshop
03/07/2024: Tidal Rising How To Build the Right Team for Your Music Career Workshop
04/24/2024: Tidal Rising How To Get Playlisted: Understanding Music Programming Workshop
05/08/2024: Tidal Rising Using Social Media, And You Get To Keep Your Soul Workshop
05/16/2024: Artist INC What Works Virtual Workshop
09/12/2024-11/12/2024: Artist INC Workshop
11/06/2024: Tidal Rising Workshop "9 Things to Do Before You Release a Song or Album"

Awards/Achievements:

05/12/2021: Published in UMSL Litmag
06/14/2023: Received an Artist Support Grant from the Regional Arts Commission of St. Louis
09/11/2023: Signed a sync licensing contract with EarWAV

Interviews:

09/05/2023: ienjoymusic blog Interview with Molly O'Brien

04/18/2024: Regional Arts Commission of St. Louis Artist Interview