

# ESTHER WANE

**STORYTELLER AND CREATIVE COACH, ACTOR, AUDIOBOOK NARRATOR, AND WRITER. ALSO AN ACCREDITED STRENGTHS COACH AND MINDFULNESS TEACHER.**

WEBSITE: [WWW.ESTHERWANE.COM](http://WWW.ESTHERWANE.COM)

NATALIE TRICE  
*Consultancy*

Esther is a multi-passionate storyteller and creative coach. She is an actor and writer and is also an accredited strengths coach and mindfulness teacher.

She is particularly in demand as an audiobook narrator, winning a coveted Earphones Award and narrating over 100 books, including Enid Blyton's *Secret Seven*, *Tess of the D'Urbervilles* and *Anatomy of a Scandal* (nominated for a CrimeFest Award). She is also particularly skilled at characters and accents and says she owes her career in audiobooks to her impersonation of Joanna Lumley!

She has published her first novel, "The Way Home" and has written her second book, a non-fiction book called "Be Your Own Hero: A Mindful Guide to Thriving in a Creative Life."

Her struggle with becoming a mother was the inspiration for her novel, "The Way Home", told in the style of a two-handed memoir between a husband and wife who are desperate to have a child but are then haunted by post-natal depression. The novel is the story of how they become a family.

Her second book forms the foundation of her coaching practice. Through her coaching, Esther guides people towards a thriving relationship with their creativity so they can become the creative heroes they already are. The book and coaching use storytelling techniques, particularly the hero's journey, in conjunction with positive psychology practices, and Esther's own experiential discoveries in her creative journey.

Esther's story is unusual in that not only did she choose to leave a safe job and career (in investment banking compliance) to enter a less stable profession and retain as an actor, but she went on to make a success of it through talent, hard work and determination, as well as having a lot of fun along the way!



# ABOUT



@VOICESTHER



@ESTHERWANE



@ESTHERMWANE



ESTHERWANE

# AREAS OF EXPERTISE

ESTHER IS AVAILABLE TO PROVIDE INSIGHTS AND EXPERT OPINION ON A NUMBER OF TOPICS INCLUDING:

## CAREER CHANGES

CHANGING CAREER IN MY LATE 30S  
BEING A STUDENT AT 40  
BUILDING A BUSINESS AROUND  
FAMILY LIFE

## VOICE ACTING

SETTING UP AS A VOICE ACTOR  
AUDIOBOOK NARRATION

## WRITING

LOVE OF BOOKS  
STORYTELLING  
CATHARSIS AND HEALING THROUGH  
THE CREATIVE PROCESS  
JOURNALING  
BUILDING UP A CREATIVE JOURNAL

## POSITIVE PSYCHOLOGY

HOW MINDFULNESS BOOSTS  
CREATIVITY  
HOW MEDITATION HELPS CREATIVES  
STRENGTHS COACHING  
POSITIVE EMOTIONS  
FINDING PURPOSE  
DEALING WITH REJECTION  
SHIFTING MINDSET  
DIFFERENT WAYS TO ACHIEVE A  
STATE OF MINDFULNESS  
GRATITUDE PRACTICE

## QUALIFICATIONS

- DIPLOMA IN ACTING
- MA IN ACTING
- CERTIFICATE IN POSITIVE PSYCHOLOGY
- CERTIFICATE IN FOUNDATIONS OF POSITIVE PSYCHOLOGY
- ACCREDITED STRENGTHS COACH
- ACCREDITED MINDFULNESS AND MEDITATION TEACHER
- LLB LAW DEGREE
- BAR VOCATIONAL COURSE (CALLED TO THE BAR)
- CHARTERED ACCOUNTANT
- CISI DIPLOMA IN COMPLIANCE AND CORPORATE FINANCE

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