

Katherine Mayfield

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Published Books:

Smart Actors, Foolish Choices: A Self-Help Guide to Coping with the Emotional Stresses of the Business (Watson-Guptill Publications, 1996)

Acting A to Z: The Young Person's Guide to a Stage or Screen Career
(Watson-Guptill Publications, 1998; Second Edition published in 2007)

Articles / Columns:

Fiftyshift.com: "No More Emergencies" – www.fiftyshift.com/content/no-more-emergencies

The Montague Reporter, Montague, MA:

The View from Lake Pleasant – weekly column on living the simple life

"Spirit and Spa Offers a Taste of that Old-Time Religion" – book review

The Recorder, Greenfield, MA:

Religion column: "Unitarian Universalism Offers a New Path"

The Women's Times, Pioneer Valley edition:

"With These Hands: An Entrepreneur Fosters Creativity in Kids"

"Coming of Age at 72: When Loss Brings Self-Discovery"

"Can You Buy an Idea?"

Dance Teacher Now magazine:

"Keeping it Fresh: Jump-Starting Your Enthusiasm for Teaching"

"Giving the Gift of Artistry"

"Promoting Healthy Competition in the Classroom"

"Sense and Sensibility"

Dance Spirit magazine:

"Healthy Competition"

"Developing Artistry"

Feel Good Alberta (Alberta, Canada):

Semi-monthly column on self-discovery

Copywriting Experience:

- Business Plan for Massachusetts Sports Zone, Worcester, MA
- National Evaluation Systems, Hadley, MA: Writing/rewriting standardized text for Registration Bulletins
- Western MA and CT Commercial and Investment Properties, Northampton, MA: Created ad copy and Office Procedure Manual
- LeaderResources, Leeds, MA: Created marketing materials and educational resources
- The Red Paintbrush, Inc., Northampton, MA: Created marketing materials; profile of owner published in *The Women's Times*

Education:

B.A. from Loretto Heights College in Denver, CO (now Regis College)