



THE INVINCIBLE ARTIST

Kim Wimmer, MAPP is an educator, actor, singer, recording artist, writer, speaker, and founder of **The Invincible Artist**. She currently chairs the theatre department at The Young Americans College of the Performing Arts and is an assistant instructor for the Master of Applied Positive Psychology program at The University of Pennsylvania. Kim is on a mission to empower actors, performers, and creatives to re-ignite their passion & purpose, supercharge their resilience, and ignite their creative careers.



Kim has 25+ years of experience as a professional entertainer with starring credits in feature film, network television, regional and Off-Broadway theatre. She played Elyce Cantwell on Comedy Central's *Strip Mall* for two seasons. Other venues/networks include Yale Rep, IRT, Disney, CBS, FOX, USA, ABC. She was the lead singer of the band Clockwork, in residence at The Bellagio and The Mirage in Las Vegas.

While obtaining her MAPP degree (Master of Applied Positive Psychology) from the ground-breaking program at the University of Pennsylvania, Kim created ***The Resilience Compass*** – an evidence-based well-being model leveraging the science of positive psychology, with all of the tools, practices, and mindset development processes creatives need to overcome obstacles and setbacks, allowing them to stay gritty and in-the-game—to create thriving and successful careers.

As an educator, Kim actively promotes positive education, community, and talent-based service in the performing arts. She has created and administered tutoring programs for inner city and homeless children. She leads resilience and well-being workshops for actors and other performing artists. Kim is also a certified NLP practitioner and has completed Mindful Self-Compassion—Core Skills Training through UC Berkeley. She

has presented her work at the International Positive Psychology Association World Congress 2017 in Montreal and at the Western Positive Psychology Association 2017 Conference at Claremont Graduate University.

MISSION STATEMENT

By integrating positive education and service learning into arts education and conservatory training, we can foster resilience and bolster well-being among performing artists. I believe the arts matter and so do the artists. I am committed to challenging the idea that we must suffer for our art. I whole-heartedly believe that you can be an actor *and* love your life at the same time. My intention is to start a well-being movement in the performing arts community that will ripple into the greater community—connecting us as humans, uniting us through art.

When artists thrive, the world flourishes.

MASTER'S THESIS

The Resilience Compass: How Mindset, Skills-Development, Self-Compassion, Service, and Community Empower Actors to Bounce Back, Reclaim Their Passion, and Live Their Purpose

http://repository.upenn.edu/mapp_capstone/106/

www.TheInvincibleArtist.com

Facebook: Kim Wimmer • The Invincible Artist

Instagram: @theinvincibleartist

Twitter: InvincibleRtist

contact: kim@theinvincibleartist.com

