

SYLVIE ROKAB, M.A.

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Professional Summary

Sylvie is a speaker, a leader, and an award-winning filmmaker with 20+ years experience working on films for the silver screen and television networks. She is passionate about inspiring people to deepen their connection with nature, others, and themselves.

Her latest movie **LOVE THY NATURE**, Narrated by Liam Neeson, received critical acclaim including 27 awards, and had nearly 300 screenings internationally. Blending her global upbringing (she speaks 4 languages fluently), with her 30 years of meditation practice, and her life-long love affair with nature, Sylvie's inspiring, inclusive, and warm rapport with her audiences makes her a beloved speaker, workshop leader, and nature therapy guide.

Selected Workshops & Presentations

- Esalen Institute, CA – Forest Bathing Workshop | May 2019
- TEDx Talk - Monta Vista Talk | April 2019
- Santa Monica College – Talk | Mar 2019
- Association of Outdoor Recreation & Education / Wilderness Education Association Conference (AORE/WEA), UT – Filmmaking Workshop | Oct 2018
- Circle X Ranch, CA - Forest Bathing Workshops | Sept, Aug, & Jun 2018
- InterpTech 2018 Conference, CA – Filmmaking Workshop | May 2018
- Esalen Institute, CA – Forest Bathing Workshop | Apr 2018
- Rocky Oaks, CA - Forest Bathing Workshop | Mar 2018
- Yamato Scrubs, FL - Forest Bathing Workshop | Mar 2018
- Public Lands Alliance Conference, CA – Filmmaking Workshop | Feb 2018
- National Association of Interpretation Conference – Filmmaking Workshop | Nov 2017
- Richmond Film Festival, VA – Speech “Flow: Unleashing the Muse” | Feb 2015

Selected Film Screenings & Speeches

- Esalen Institute, CA – Love Thy Nature screening with director's Q&A | Apr 2018
- Association of Nature & Forest Therapy, Costa Rica - Love Thy Nature Q&A | Jan 2018
- Unitarian Universalist Church of Santa Monica, CA – Love Thy Nature Q&A | Oct 2017
- Mid Atlantic Arts Foundation, MD – Filmmaking Tour Presentation | May 2017
- Santa Monica College, CA – Love Thy Nature screening with director's Q&A | Apr 2017
- Sustainable Works, CA – Connect to Protect Speech | Mar 2017
- Aero Theatre, CA – Love Thy Nature screening with director's Q&A | Feb 2017
- Green Festival, OR – “Deepening Nature Connection” speech | Dec 2016
- Mid Atlantic Arts Foundation – On Screen/In Person – Series of 10 Love Thy Nature film screenings and speeches in Mid Atlantic theatres and universities | Nov 2016
- Green Festival, LA, CA - “Deepening Nature Connection” speech | Sept 2016
- Keynsham Community Screening, UK - Love Thy Nature screening with Q&A | Aug 2016

- Laemmle Theatres week long run, CA - Love Thy Nature events with Q&A | May 2016
- Cinema Village week long run, NY - Love Thy Nature screening events with Q&A | Apr 2016
- Green Festival, LA, CA – “Deepening Nature Connection” speech | Sept 2015
- FilmAmbiente, Brazil - Love Thy Nature screening events with Q&A | Aug 2015
- SeaSide Center for Spiritual Living – Love Thy Nature screening & Panel discussion | Jul 2015
- Illuminate Film Festival, AZ – Love Thy Nature screening, Q&A, & shamanic walk | May 2015
- The New Parkway, Oakland, CA - Love Thy Nature screening with Q&A | Apr 2015
- Vogue Theatre, San Francisco, CA - Love Thy Nature screening with Q&A | Apr 2015
- American Documentary Film Festival, CA - Love Thy Nature screening with Q&A | Apr 2015

Selected Film Screenings & Speeches (cont'd)

- Sonoma Film Festival, CA - Love Thy Nature screening with Q&A | Apr 2015
- Thessaloniki Film Festival, Greece, Love Thy Nature screenings with Q&A | Mar 2015
- Richmond Film Festival, VA - Love Thy Nature screening with Q&A | Feb 2015
- Frozen River Film Festival, MN - Feb 2015: Love Thy Nature screening with Q&A | Feb 2015
- Fort Lauderdale Int'l Film Festival, FL: Love Thy Nature screenings with Q&A | Nov 2014
- Ojai Film Festival, CA: Love Thy Nature screening with Q&A | Nov 2014
- LA Femme Film Festival, CA: Love Thy Nature screening with Q&A | Oct 2014
- Hollywood Film Festival, CA: Love Thy Nature screening with Q&A | Oct 2014

Film & Television Production

- **“Love Thy Nature” – 2016** - Feature Documentary
Credits: Producer, Director, Writer, Cinematographer, Editor
- **“A Life Back” – CNN, MSNBC, FOX Affiliates – 2009** - Public Service Announcement
Credits: Producer, Director, Writer, Director of Photography, Editor
- **“House of Babies” – Discovery Health Channel - 2005-2006** - TV Series
Credits: Director, Line-Producer, Writer, Director of Photography, Editor
- **“Innervation - The Dance of Incest” - Film Festivals – 2003** - Feature Documentary
Credits: Producer, Director, Writer, Director of Photography, Editor
- **“Miccosukee Magazine” - FOX Affiliate- 2001-2002** - Television Series
Credits: Co-Director, Director of Photography, Editor
- **“Man Shaving” - NBC, CBS, & ABC Affiliates – 2000** - Award-winning PSA series
Credits: Director
- **"Alaskan Dreams & Eco-Florida"- Art Events Screenings -1999** - Meditative Video Art Series
Credits: Director, Editor
- **“American Comedy Awards” - Comedy Central – 2000 – Web Simulcast**
Close Up Productions, FL
- **“Brazil Newsmagazine” - CBS Brazil – 1998-1999** - Daily Newsmagazine

CBS, Miami, FL

- **"Gloria Estefan: the Evolution Concert" - HBO – 1996**
Walker Fitzgibbon TV & Film, FL
- **"Reaching Out - to LGBT Youth" – Cinema Guild (NY) – 1996** - Documentary
Credits: Producer, Director, Director of Photography, Editor
- **"Opening Young Minds" – WLRN- Miami affiliate - 1996**
Master's Thesis Documentary
- **"Healing: A Holistic Approach" – 1995** - Master's Program Documentary - Barry University

Selected Awards:

- International Movie Awards (4 Platinum and 2 Gold) – 2015
- IndieFest Film Awards – Outstanding Achievement Humanitarian Award - 2014
- Accolade Competition (3 awards of Excellence) - 2014
- Cosmic Cine Film Festival – Grand Jury Award - 2015
- Emmy Award Nomination- "A Life Back" - 2009
- Telly Awards – "Silver" for "House of Babies" - 2006
- Aurora Awards - "Platinum Best of Show" for "Innervation"- 2004
- Telly Awards - "Finalist" for "Innervation" - 2004
- Communicator Awards - "Excellence" for "Innervation" -2003
- Aurora Awards – "Platinum Best of Show" for "Man Shaving"- 2002
- Telly Awards – "Silver" for "Man Shaving"- 2002
- Communicator Awards - "Distinction" for "Man Shaving"- 2001
- Florida Dept. Cultural Affairs - Gov. Grant for "Innervation"- 2000-2001
- Florida Dept. Cultural Affairs - Media Artist Fellowship Award – 2000
- Certificate of Recognition – Alliance Against Domestic Violence - 2000
- Barry University - "1st Place Documentary" for "Healing" – 1996

Education & Training

- Association of Nature & Forest Therapy - 2018
Certified Forest Bathing Guide
- Barry University- Master of Arts - 1996
Television Production (Emphasis: Documentaries) – Communications School- Miami, FL
- New York University (NYU) - BA - 1995
Film Production, Tisch School of the Arts - New York, NY

Languages

English, French, Portuguese, Spanish – Fluent
Italian – Enough to draw a few giggles

Skills

- Excellent written and verbal communication skills - which heightens participants' engagement in workshops and programs.
- Nature Therapy (aka Forest Bathing) guiding – which allows for authentic and transformative experience of nature, others, and self.
- Acute perception of the world through the creativity prism – a unique gift in inviting workshop participants to allow their imagination to fly freely.
- Extensive knowledge of story structure – and its ability to move, inspire, and unite people from all ages, ethnicities, and backgrounds.
- Film directing, cinematography, and editing.

Memberships

- Association of Nature & Forest Therapy (ANFT)
- Insight LA Meditation Center
- International Documentary Association (IDA)