

SHEENA GROBB BIO 2021

The healing powers of music are far-reaching, and that's clear in Sheena Grobb's work. With multiple music award nominations, 3 albums and hundreds of shows across Canada, US, and the UK in her back pocket, Sheena has garnered a dedicated following. Since speaking on TEDxWinnipeg about her multiple sclerosis diagnosis at 16, Sheena has also become a health coach and Song Healer, inspiring others to listen to their bodies and express emotions to help overcome their physical fragilities. Motivated by music's ability to uplift others, Sheena has co-written songs with various communities, youth in schools, and families affected by organ donation through Transplant Manitoba. Her angelic voice, almost quivering on sustained phrases, and intimate lyrics give her a style that's incomparable and nurturing, filling the heart and soul. This year, Sheena is working on music for TV and Film, and launching her Health and Life Coaching practice to be made more widely available.

"I was introduced to Sheena about a year and a half ago... I literally sat in awe of her with tears rolling down my cheeks. My 12 year old son was simply blown away. She has the voice of an angel and literally reaches into your soul and holds you captivated. You will simply leave a better person than you came." - Wendy Funk (listener and audience member)

SHEENA GROBB FULL BIO 2021

Every once in a while, the universe gives birth to a songbird... a certain kind of songbird. The kind who sings a song unknown to most, but resonant with everyone in some way. It's a familiar song because the notes are like a code to the soul, and the voice its precious carrier. Sheena's voice has been compared to greats like Sarah McLachlan, Eva Cassidy, and Norah Jones, although the delicacy with which she almost whispers at times... quivering on gently sustained

phrases unique and sweet... creates a sound that is unmistakably hers.

Right from the age of two, the gift Sheena Grobb possessed was beginning to show. A voice so pure, it pierced through crowds and rose above conversations. Sheena could silence a room, even as a child. Her mother's passion for music was so strong, that singing and playing became as natural as breathing to Sheena. But her skills alone were not what created the songwriter in her. It was the loss of her greatest influence at 8 years old – the passing of her grandmother – that produced emotion so big, that only song could penetrate its depths. And so at 10 years old, Sheena began to write the first of her songs.

Though Sheena sensed her destiny – as did others around her – debuting her first EP *Safe Guarded Space* on the main stage of the Winnipeg Folk Festival, followed by a nomination for a Western Canadian Music Award in 2007, there was also a dark cloud looming on her horizon. Diagnosed with Multiple Sclerosis at 16, Sheena learned early that even the most precious of gifts can be lost so quickly. The delicate nuances of her classical piano training and self taught guitar skills vanished for one life-altering month after her first album was released. She struggled for many years to overcome the fears of her own deterioration, and thanks in part to the undying efforts of close friend Kim Nozick, she spent much of her creative energy delving into the inner world of her emotional, physical and spiritual health.

Even still, Sheena released MFM supported album *Grow* in 2010, produced by 11 time Juno nominee Dan Donahue. Recovering her health remained her primary focus, and despite minimal touring, she attracted the attention of Lindsay Nelko (previous choreographer for *So You Think You Can Dance*) who produced a music video for song *Get Out Alive*, in which two of the show's star dancers Kathryn McCormick and Robert Roldan appeared.

In 2011, Sheena was approached by a couple, Les and Terry Weins, who were deeply impacted by her performance at the Winnipeg Folk Festival in 2006 – so much so, that it prompted them to organize an event to fund another album. It became the gift that would keep Sheena anchored to her music, despite her own reluctance to continue. Three years later, Sheena is released *The Breakless Heart* (Sept 2014). She chose to work with Ervin Bartha at ClearLightSound - an independent home studio with a Kawai 6'1" grand piano and a "creative vortex" as Sheena calls it. Believing in her music and her message so much, after a laboursome three years in the making, Ervin boldly emailed the engineers at Abbey Roads Studios in London to see if they would master the project. They took one listen to the title track and agreed.

"It is without a doubt a masterpiece of songwriting and soundscape. Really incredible, soulful music. She will definitely get a huge audience in time, trust me." - Alex Wharton, Abbey Road Studios

As her music continues to pick up steam, having worked with Nashville Multi Platinum Producer David Kalmusky (Journey, Emerson Drive, Vince Gill) as well and Winnipeg's own Murray Pulver and Roman Clarke, Sheena is busy writing new material for her fourth album. Check out Sheena's collaboration written and performed with YouTube sensation Maria Aragon called "Asking You". <https://www.youtube.com/watch?v=hoNWbEJqh-M>

Currently Sheena is busy launching a Health Coaching practice that supports others - newly diagnosed with MS - through the transformation that helped her overcome her most significant challenges, build deeply connected relationships, and allow her to pursue her purpose with music without fear. Health Coach by day... Illuminated Musician by night. Healer and artist. Perhaps they are one and the same.