



Curator & Event Organiser  
Elizabeth (Lizz) Nsarkoh

Liz is a Physical Intelligence Coach and Creative Professional with a strong commitment to mental well-being, creative expression, and social impact. She is the Founder of Art-Alkebulan Ltd ,an initiative that celebrates creativity,originality and explores the intersection of art, fashion ,culture, and identity.She currently serves as a Director at a mental wellness nonprofit dedicated to ensuring that all minds matter.

Passionate about making mental health support accessible—particularly to underserved communities—Liz combines her love for art, fashion, and holistic well-being to create inclusive spaces for healing and self-expression. Her work is guided by values of progress, authenticity, and the belief that small, intentional changes can spark profound transformation.

She's also the co-founder of L&D Panache, home of modern fashion focused on creating bespoke designs that combine style , functionality and ethical responsibility.

Liz is a Certified Coach trained by both the University of Cambridge and the Physical Intelligence Institute(UK). She is an Associate Member of the Institute of Governance (UK), a member of the Association for Coaching (UK), and also holds an MBA in Finance. In addition, she is a certified Holistic Complementary Therapist, Fashion Designer/Stylist, and Art Connoisseur with a focus on curation and acquisitions.

With a diverse career spanning over fifteen years, Liz brings experience from the telecommunications, real estate, agribusiness, and fashion industries, as well as the nonprofit and civil society sectors across Africa. Her multidisciplinary approach is grounded in a deep understanding of leadership, project management, corporate governance, and human development.



Choreography

Dr Claire Dale

Choreographer, Author and Founder of the Physical Intelligence Institute

Dr Claire Dale is an award-winning author, choreographer, performance specialist and founder of the Physical Intelligence Institute, whose career has been devoted to exploring the extraordinary relationship between the body, human expression and our capacity to flourish.

Claire returns to her choreographic roots, bringing together the creative and embodied strands of her career. She is delighted both to choreograph the event and for the Physical Intelligence Institute to support it as a sponsor, contributing to its important message that mental health, human expression and the body are profoundly interconnected