



MY YEAR OF SAYING...

FIND YOUR YES BY SAYING...



Press Kit



"My Year of Saying No" is a masterclass in what a solo show can be – beautifully paced, poignant, purposeful and funny... the collective re-examining of our lives.

- **Samantha Simmonds-Roncero**, Theatre Reviewer, NoHo Arts District

about the show

Created, Written and Performed by Janice Creneti
Directed and Developed by Jessica Lynn Johnson
Show duration: 60 minutes (30 minute version also available)
Optional Post-Show Q&A and/or Workshop

about Janice

Janice Creneti is an award-winning actor and director with four decades of experience. She has appeared in over 100 productions including live theater, TV, and film. She began her journey of personal storytelling with Powerstories Theater of Tampa. It taught her to deeply embrace and leverage theater as a vehicle for social change.

941-518-5718 * janice@janicecreneti.com * @jbcreneti

My Year of Saying No

Set during the COVID-19 pandemic, **My Year of Saying No** explores impacts of the mental health crisis, sexism, and society's rigid expectations through the use of multimedia and multiple characters such as Patriarchy, Perfection, Zoom, Janice's Body and COVID. This serio-comedy tracks one woman's journey to confront all that isn't working in the world, and in her life, to build a path back to herself.



contact

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What People Are Saying

What critics are saying

"Creneti's script, as she engagingly relates it, raises interesting points... if you are feeling overwhelmed, this show could offer an antidote as it fights back against the pressures of modern life."

- Matthew J. Palm, Orlando Sentinel

"The show is witty, devastating at moments and incredibly relatable. It's rare to see works that confront the mental anguish most people were experiencing in the pandemic, and our heartbreaking attempts to bring normalcy to a terrifying situation. We're all still recovering and My Year of Saying No gives us the space to do so."

- Maggie Duffy, The Gabber

"Janice expertly and with nuanced and often hilariously accurate eloquence picks apart the flawed and supremely feminine need to please, to support others and to never put ourselves at the top of anyone's list, let alone our own... My Year of Saying No is a show so well written it should be an essay on the female evolution."

- Noho Arts District Press

"I am amazed, inspired, intimidated, and in awe! Brava!! This was the most honest and profound thing I have ever seen performed and you did it with such grace. And bravery! I'm sorry for your pain, I am thrilled for your clarity, and I am grateful for your lesson. Much love!"

"It was very powerful and your performance flawless. It struck a real chord with me. I resigned from work and my last day was Monday. Certainly in a re-evaluating mode now."

"Janice, your show was fabulous! You shared so much of your personal struggles. Beautifully written and expressed. I saw a lot of myself in your story. Not just the nurse part. I'm 71 and still trying to figure some things out for myself, especially saying 'no'! Love you and bravo! Put up a sticky note congratulating yourself!"

What audiences are saying

Additional Press



As part of a new “Think Inside the Box” series from The Off-Central Players, Janice Creneti is the sole performer in a show she wrote called “My Year of Saying No.”

One-woman show confronts patriarchy and mental health with comedy

Farron Hipp, WFLA News Channel 8

From "Sacrificial Lamb" to Stage Star: An Interview with Janice Creneti - Experience the evolution of this story live. Featuring expanded multimedia projections and raw, vulnerable storytelling, Janice Creneti brings her "Year of Saying No" to the stage for a limited engagement. [Read the full article by clicking here](#)

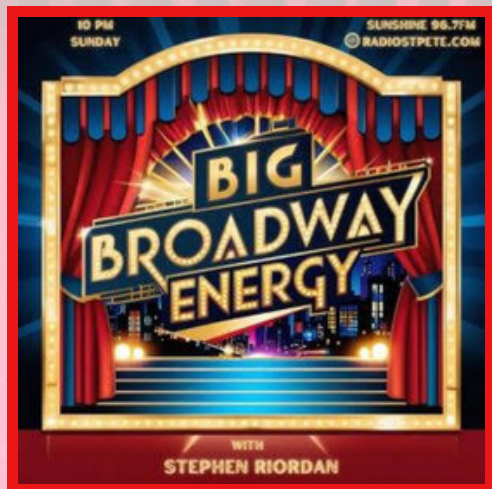
Avery Anderson, Arts Passport
(scroll down to listen to interview)



Creneti's story mirrors the struggles faced by many—especially women—who grapple with societal expectations, burnout, and the fear of disappointing others. Through humor, heartache, and poignant moments, the play explores vulnerability as a source of empowerment. Audiences are invited to reflect on their own lives and consider where they can reclaim agency.

Deborah Bostock-Kelley, Community Contributor

Additional Press



Stephen Riordan sits down with playwright and performer Janice Creneti to talk about her deeply personal one-woman show, *My Year of Saying No*. Janice shares the origin story behind the piece, what emerged is a moving and often humorous exploration of reclaiming boundaries, identity, and self-worth through the simple—but transformative—act of saying “no.”

Stephen Riordan, Big Broadway Energy

“Through humor, heartache, and poignant moments, the play explores vulnerability as a source of empowerment. Creneti's journey resonates with anyone seeking to break free from the chains of people-pleasing. In *My Year of Saying No*, she discovers the power of boundaries and the freedom that comes from honoring her own voice.”

Florida Women Magazine 2024 Online Issue

The logo for Florida Women Magazine. It features the word "Women" in a large, elegant, teal script font. Above the "Women" is the word "FLORIDA" in a smaller, teal, sans-serif font. Below "Women" is the word "MAGAZINE" in a smaller, teal, sans-serif font.



“Last month, Creneti performed *My Year of Saying No* at the 31st Annual Los Angeles Women's Theatre Festival. Being a part of the festival was a very rewarding experience. I firmly believe that amplifying the voices of women, particularly women of color, is a key step in healing our world, making it a place that is not only safe but supportive for everyone and so lending my skills and time to that work felt important and gratifying.”

LEE CLARK ZUMPE, Tampa Bay Newspapers

Additional Press



“My Year of Saying No” is a deeply relevant one-woman show. She is a local Pinellas artist with four decades of experience. After years of developing this autobiographical piece – which tracks her journey through the COVID pandemic to confront sexism, mental health, and the “Patriarchy” – she is finally bringing this powerful story home.

Thinking Inside the Box: How One St. Pete Artist Reclaimed Her Voice - Tampa Bay Arts Passport

“It looks at all the beliefs we often carry around what it is to be a productive or worthy person... explores the connection between these expectations and all the ways we deny our own needs in trying to meet them, how this can cost us mental and physical health, and how we can make choices and find support (like therapy) to live a more emotionally healthy, balanced life.” Fringe Preview: My Year Of Saying No

- Freeline Media



Ms. Creneti is an award-winning actor and director with four decades of experience. She has appeared in over 100 productions including live theater, TV, and film. She began her journey of personal storytelling with Powerstories Theater of Tampa. It taught her to deeply embrace and leverage theater as a vehicle for social change.

By: Stephi Wild, Broadway World Tampa

Companion Workshops Available

**Exploring Your
Emotions To
Find Your Voice**

**Reclaiming
Your Life by
Saying No**

**Transforming the
Soul-sucking Voices
in Your Head**

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MY YEAR OF SAYING One Sheet



Created, Written and Performed by Janice Creneti
Directed and Developed by Jessica Lynn Johnson

My Year Of Saying No is one woman's journey to overcome the impact of sexism, patriarchy and mental health challenges during the COVID-19 pandemic to build a more authentic life. This serio-comedy tracks one woman's journey to confront all that isn't working in the world, and in her life, to build a path back to herself.

Media Contact:

Janice Creneti

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(30 minute version also available)

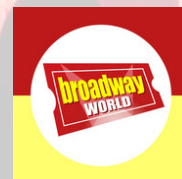
Optional Post-Show Q&A

**If prescheduled with event*

Optional Post-Show Workshop

**If prescheduled with event*

As Seen In:



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