

Inside Change



sounds true
STUDIOS

— [**Logline**] —

Musician, activist, and transformational teacher Justin Michael Williams travels across America to the frontlines of the mental health crisis afflicting young people today. Collaborating with his friends, award-winning musicians the Brothers Koren, they go on a songwriting journey to turn young activist's pain into inspirational anthems for a new generation of changemakers.



[WATCH TRAILER](#)

This is Justin Michael Williams

From a lifetime of being bullied, teased, and abused to sharing the stage with Deepak Chopra, JUSTIN MICHAEL WILLIAMS knows the power of healing to overcome all odds. He is an author, top 20 recording artist, and thought leader who uses his own personal experiences to connect with Gen Zers around the world.

When Justin was growing up, he heard gunshots outside his window on a regular basis. There were times he didn't think he would survive. Music was the one thing that really gave him hope. It was only after his beloved grandmother died that Justin got serious about pursuing his music career. In 2016, Justin debuted his first album that ended up in the Top 20 of the iTunes' charts next to Britney Spears and Taylor Swift. Since then, Justin has been featured by Billboard, Grammy.com, SXSW®.

Today, Justin has not only become a successful musician, but also a pioneering voice of color in more than 40 countries around the world, giving inspiration to a new generation of young people who are now struggling to realize their dreams and overcome their mental health challenges at the same time.



Show Format

In each 22 minute episode, Justin meets a different Gen Z activist, struggling with their own inner demons as they try to change the world.

As Justin immerses himself in their lives and uncovers their stories, he helps them heal from the inside out—giving them the tools and inspiration they need to become stronger, more resilient leaders of tomorrow.

The key to this transformation is **MUSIC**, as Justin and the Brothers Koren collaborate with each changemaker, turning their stories and struggles into songs.

At the end of each episode, we witness the power of music to connect, uplift, and awaken an entire generation.




The Music

Each episode contains its own unique songwriting journey and acoustic version culminating into a final studio experience.

Each changemaker's story has a corresponding full studio track that can be streamed in full on any music platform.

[Final Studio Tracks: Sample 1, Sample 2]



The Brothers Koren, Isaac & Thorald Koren, experienced first hand how restrictive the music industry was to their expression, and after 15 years they knew they wanted to redefine the landscape. They launched the writer/producer team BRÅVES as an experiment in finding value in expression without rules.

Now, through the development of The Songwriter's Journey, they are helping others reclaim the music they abandoned to do the same.

"WE FELT LIKE OUTCASTS. Sure, as The Kin, we were signed to Interscope/Universal Records; we toured with Coldplay and Pink and Rod Stewart. We played arenas. We played Conan. And yeah, you could hear our music in major movies. But despite all of this we woke up to the fact that we were allowing someone else to define our value. We were done chasing approval."

– The Brothers



EPISODE 01
“Remember Who You Are”
– Feat. Alexis Saenz

Alexis, founder of the LA Chapter of the International Indigenous Youth Council (IIYC) explores their struggle with imposter syndrome being of mixed descent and taking on a leading role in the Indigenous Rights movement.

[[WATCH Ep 101](#)]



EPISODE 02
“Emotional”
- Feat. Cliff

Cliff, fashion stylist and model learns the power of mantra to build confidence in his journey to open up to his family about his work in gender fluid expression and activism.

[[WATCH Ep 102](#)]



EPISODE 03
“I Try”
- Feat. Nia Patterson

Nia, mental health advocate and social media influencer works with Justin to break down the walls that inhibit her from getting vulnerable with her friends both IRL and online.

[[WATCH Ep 103](#)]



EPISODE 04
“My Time”
- Feat. Kwame Rose

Kwame Rose became a viral BLM sensation in his fight to end police brutality in the Freddie Gray protests and now he's dealing with the crushing costs of activism and has to dig deep to find the self-love and care needed to support his mental health.

[[WATCH Ep 104](#)]



EPISODE 05
“Stuck With Each Other”
- Featuring Sofia Ongele

Sofia is a hacktivist, a coder-activist who uses the internet and tech to further progressive change and in this episode Justin works with Sofia to deal with her anxiety and find her confidence and her voice - not just online - but in real life as well.

[[WATCH Ep 105](#)]



EPISODE 06
“Go Easy”
- Featuring Aman Sharma

Aman is a climate change and nature conservation activist and in this episode Justin walks Aman through a meditation to deal with the pressures put on his generation to save the earth before it's too late.

[[WATCH Ep 106](#)]

Season 01 Cast



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Who We Are

Sounds True Studios is the premium storytelling arm of Sounds True—a multimedia wellness, wisdom, and mindfulness company creating premium docuseries, feature films, live programming, podcasts, courses, and retreats.

For more than 35 years, Sounds True has helped millions of people around the world grow, transform, and optimize their lives.

In 2020, Sounds True saw the largest increase of new consumers under the age of 30.

Thank You

*For More
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