

Basic Detail Report

Title Interview with Alyssa Haley

Date 25 March 2026

Medium born digital audio file

Description Audio file of interview with Alyssa Haley. She was interviewed by Paola Evangelista on March 25, 2026 over Zoom. Alyssa Haley was interviewed as part of the Connecticut Museum of Culture and History's Community History Project discussing moments of change in her life. Alyssa Haley is an artist, cosmetologist, and small business owner based in Hartford, Connecticut, where she was born. She describes herself as a daughter, older sister, partner, wife, and artist whose life and work are deeply shaped by family, creativity, and community. Today, her work centers around her salon studio, Born and Bred, where she combines beauty services, artmaking, object transformation, and relationship-building in a space that reflects both her personal history and creative vision. Alyssa's most significant moments of change include letting go of the expectation that others would create spaces where she felt she belonged and instead giving herself permission to build those spaces on her own. She reflects on moving away from more conventional office work, where she felt skilled but unfulfilled, and toward cosmetology, a trade rooted in her family lineage. Through that shift, she found a way to align her labor with her values, creating a practice that brings together service, artistry, and connection. Today, Alyssa runs her own salon and creative practice at Real Art Ways, where she has built not only a business but also a meaningful environment filled with

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repurposed materials. Her work extends beyond hair and makeup into

preserving flowers, transforming treasured objects, and creating keepsakes that

help people hold onto memory and feeling. Her story invites listeners to think

about change as both an internal and external process.

Dimensions Duration: 38 Minutes, 54 Seconds