

a film by CHARLOTTE VERMINCK



MIND OF THOUGHTS

"MIND OF THOUGHTS" STARRING BRIENNE MIZELL & BERTHE TANWO NJOLE

WRITTEN & DIRECTED BY CHARLOTTE VERMINCK IN ASSOCIATION WITH ABOVE THE NERVE & LIVING STONE PRODUCED BY CHARLOTTE VERMINCK & MARTIN DEWITTE

DIRECTOR OF PHOTOGRAPHY GIAN CARLO STIGLIANO MUSIC BY KATI FALK-FLORES CHOREOGRAPHY BY REBECCA DE KEMPE

VERSCHOORE
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A rising artist haunted by her own thoughts must confront the darkness within — or risk losing herself forever.

SYNOPSIS

“What if your own mind became your greatest enemy?”

In *Mind of Thoughts*, a **young artist** battles a silent war — one no one else can see. Despite her creativity, she is consumed by **self-doubt and fear**, trapping herself in a cycle of uncertainty. **Ashamed of her struggles**, she hides them from the world — even from **her partner**.

Desperate for a fresh start, she **accepts a position at a prestigious art academy**, convincing herself that being close to success will finally silence her fears. But the more she tries to gain control, the more her inner world distorts — her thoughts take on a life of their own, and **the line between reality and imagination begins to blur**.

With **her future on the line**, she faces an **inevitable choice**: remain **trapped inside her own mind**, or dare to **embrace the unknown**?



WHY THIS FILM MATTERS

A Visceral Exploration of Imposter Syndrome & Mental Strength

In an era where self-doubt and burnout plague creatives and professionals alike, *Mind of Thoughts* offers a visceral, cinematic portrayal of the mental battles we all face. Through Elle Davis' journey, the film sheds light on the often-unspoken war inside our minds — one that can either propel us forward or hold us captive.

A Bold, Female-Led Psychological Drama by a Rising Filmmaker

Charlotte Verminck brings a fresh, uncompromising voice to the world of psychological drama. As a rising Belgian filmmaker, she challenges industry norms by crafting complex, flawed female protagonists and weaving deeply introspective narratives that transcend cultural boundaries.

Where Psychological Drama Meets Stunning Visual Storytelling

Blurring the lines between reality and imagination, *Mind of Thoughts* uses movement, visual metaphors, and visceral cinematography to bring the protagonist's thoughts to life. The film merges the elegance of dance with the intensity of psychological suspense, offering a unique sensory experience rarely seen in short films.

Fear, Creativity & Letting Go – A Story That Resonates

At its core, *Mind of Thoughts* is about more than an artist's struggle — it's about the universal human experience of fear and failure. The film challenges audiences to ask: What if our greatest limitation is not the world around us, but the stories we tell ourselves?

Internationally Diverse Talent in Front & Behind the Camera

With cast and crew hailing from eight different countries across four continents, *Mind of Thoughts* is a testament to the power of international collaboration. By bringing together artists from diverse backgrounds, the film embodies a global perspective on creativity, identity, and perseverance.

OFFICIAL TRAILER

Experience a first glimpse into the world of *Mind of Thoughts*.



<https://youtu.be/qd-3kvJr-BI8?si=Yl9fFvQNfeTJ-jg9>

DIRECTOR'S STATEMENT

"Have you ever felt trapped inside your own mind?"

We all live with **an invisible force** that shapes our reality — our thoughts. We process **70,000** a day, and **80% of them are negative**. Our minds can be **brilliant architects** or **ruthless destroyers**, building us up one moment and breaking us down the next.

With *Mind of Thoughts*, I wanted to explore the **weight of self-doubt, the shame around failure, and the quiet battles we all fight but rarely share**. As women, we are conditioned to see failure as **weakness**, something to **hide, not embrace**. But failure is not an ending — it is a beginning. It is **proof of effort, growth, and resilience**.

This film is my way of **giving shape to the invisible** — of taking something as abstract as intrusive thoughts and turning them into something **visceral, tangible, and raw**. By integrating **movement and dance**, I wanted to capture the **physical toll of an internal war** — a fight we can't always see, but one that is deeply felt.

At its core, *Mind of Thoughts* is about the **battle to break free** — from fear, from expectations, from the limits we place on ourselves. It is an invitation to **step beyond self-doubt** and into the unknown, where imperfection is not failure, but transformation.

- CHARLOTTE VERMINCK
Writer/Director



OFFICIAL STILLS

[All Official HD Film Stills](#)

BEHIND-THE-SCENES STILLS

[All HD BTS Stills](#)

STILLS WITH DIRECTOR

[All HD Stills with Director](#)

BEHIND THE SCENES

The Making of Mind of Thoughts

The journey of *Mind of Thoughts* didn't just unfold on screen — it was an artistic and logistical challenge behind the scenes as well. The film was developed and produced through *Above The Nerve*, bringing together an international team across Belgium, France, and the Netherlands. **The production was a testament to creative resilience, collaboration, and bold storytelling.**

To document this process, we created **a 10-episode BTS series** that pulls back **the curtain on the film's challenges, triumphs, and the dedication of a 50+ person team.**

What the BTS Series Covers:

- The filmmaking journey **from script to screen**
- **How we overcame production challenges** (including weather, location logistics & tight schedules)
- The **power of movement & dance** in visual storytelling
- Behind-the-scenes moments with the **cast & crew**



[Watch the BTS series HERE.](#)

[BTS Stills Gallery HERE.](#)

For press inquiries, interviews, or behind-the-scenes features, contact:
cv@charlottereverminck.com | +32 470 52 24 28

FESTIVAL SELECTIONS

OFFICIAL SELECTIONS & AWARDS

2025

- **25th Beverly Hills Film Festival** – Hollywood, USA
World Premiere: April 4th, 2025 – TCL Chinese 6 Theatres



- **Hastings Rocks Film Festival** - Hastings, UK
April 11th, 2025



- **Beyond Hollywood International Film Festival** - Los Angeles, USA
Winner: Best International Film
May 2nd, 2025 - Regal LA Live, DTLA



- **Red Movie Awards** – Reims, France
Nomination: Best First-Time Director
May 24th, 2025 - Opéra de Reims



- **17th Lighthouse International Film Festival** - Long Beach Island, USA
June 5th, 2025



- **Stage32 Short Film Competition** - **Finalist**, Currently in Consideration



(More festival selections will be announced soon.)

DOWNLOAD OFFICIAL FESTIVAL LAURELS

Industry professionals and press can download high-resolution festival laurels for use in promotional materials.

- [Download here](#)

(Additional laurels will be available as more festival selections are announced.)

PRESS & MEDIA COVERAGE

FOR PRESS & INTERVIEW REQUESTS

Charlotte Verminck – cv@charlotteverminck.com / +32 470 52 24 28

2025

- **Sabato Magazine (Weekend edition of Belgium's leading business daily De Tijd, named European Magazine of the Year 2025)**
"A glimpse into the quiet rituals and bold ambitions of filmmaker Charlotte Verminck" (June 2025)
- **Het Laatste Nieuws (Belgium's leading daily newspaper)**
"Charlotte Verminck (25) sees her film travel the world "Story was born in Maldegem and now reaches Hollywood" (May 2025)
(English translation available [here](#))
- **Nieuwsblad (Belgium's national newspaper)**
Filmmaker Charlotte (25) Makes Her Hollywood Debut with Her First Short Film: "I Had Never Stood on a Red Carpet Before" (April 2025)
(English translation available [here](#))
- **Made in (Belgium's leading regional business platform)**
Knokke's Cultural Entrepreneur Charlotte Verminck (25) Shines in Hollywood (April 2025)
(English translation available [here](#))
- **Red Movie Awards Official Interview**
"Filmmaker Charlotte Verminck and cast on Mind of Thoughts"
[Watch the interview](#)
- **Krant van West-Vlaanderen (Belgium's largest regional newspaper)**
Short Film by Charlotte Verminck (25) Has International Premiere in Iconic Venue (April 2025)
(English translation available [here](#))
- **Nieuwsblad (Belgium's national newspaper)**
Short Film by Filmmaker Charlotte Has International Premiere in Iconic Hollywood Theater: "This Is Hard to Grasp" (April 2025)
(English translation available [here](#))
- **City of Knokke-Heist Official Website**
"Charlotte Verminck from Knokke-Heist shines in Hollywood with her short film Mind of Thoughts" (April 2025)
- **Het Laatste Nieuws (Belgium's leading daily newspaper)**
"From Knokke-Heist to Hollywood: Short Film by Charlotte Verminck (25) Has International Premiere in Iconic Venue" (April 2025)
(English translation available [here](#))
- **Local News Knokke-Heist (regional news outlet of the Belgian coast)**
She Received A Standing Ovation In Hollywood... And She's Simply from Knokke-Heist (April 2025)
(English translation available [here](#))

- **City of Maldegem Official Website**
"Charlotte Verminck on paving her own way in the film industry" - an interview on finding her voice, building her company, and challenging industry barriers (March 2025)
- **Krant van West-Vlaanderen (Belgium's largest regional newspaper)**
"This is an unbelievable honor": Charlotte Verminck from Knokke-Heist to Hollywood with psychological short film (March 2025)
(English translation available [here](#))
- **Local News Knokke-Heist (regional news outlet of the Belgian coast)**
Hollywood Dream Comes True: Charlotte Verminck Shines At The Beverly Hills Film Festival (March 2025)
(English translation available [here](#))
- **Het Laatste Nieuws (Belgium's leading daily newspaper)**
Short Film by Charlotte Verminck (25) from Knokke-Heist Selected for Beverly Hills Film Festival: "What an Honor" (March 2025)
(English translation available [here](#))
- **City of Knokke-Heist Official Website**
"From Knokke-Heist to Hollywood: Charlotte Verminck presents her psychological short film Mind of Thoughts" (March 2025)
- **Nieuwsblad (Belgium's national newspaper)**
Filmmaker Charlotte (25) Makes It to Hollywood with Her Very First Real Film: "What an Incredible Honor" (March 2025)
(English translation available [here](#))

2024

- **Local News Knokke-Heist (regional news outlet of the Belgian coast)**
Charlotte Verminck: From local talent to international filmmaker (May 2024)
(English translation available [here](#))
- **Het Laatste Nieuws (Belgium's leading daily newspaper)**
"My dream is to make a career in America" Grand Hotel Casselbergh in Bruges setting for young director's international short film (April 2024)
(English translation available [here](#))
- **Nieuwsblad (Belgium's national newspaper)**
Grand Hotel Casselbergh in Bruges serves one day as film set for young filmmaker Charlotte (24): "After some negotiation, we got the green light"(April 2024)
(English translation available [here](#))
- **Het Laatste Nieuws (Belgium's leading daily newspaper)**
Director Charlotte (24) uses her village of Middelburg as backdrop for own short film (April 2024)
(English translation available [here](#))
- **Nieuwsblad (Belgium's national newspaper)**
Charlotte (24) makes short film in own village with international company: "I hear the enthusiasm among neighbors"(April 2024)
(English translation available [here](#))

Writer/Director/Producer/Editor

CHARLOTTE VERMINCK

Charlotte Verminck is a Belgian filmmaker known for her visually striking, emotionally charged, and psychologically immersive storytelling. Her latest short film, *Mind of Thoughts*, continues her exploration of identity and the unseen forces that shape human experience. Shot across Belgium, France, and the Netherlands with a diverse team of over 50 members, the film premiered at the 25th Beverly Hills Film Festival and earned the award for Best International Film in Hollywood just one week later.

At 17, Charlotte became Creative Director for acclaimed Belgian artist Ozark Henry, leading multidisciplinary visual projects that pushed creative boundaries. She later honed her production instincts at Little Minx in Los Angeles, the renowned company founded by Rhea Scott.

Her poetic short *Pathless*, praised for its emotional depth and visual elegance, screened at the Poetry Film Festival in Los Angeles, cementing her instinct for intimate, psychologically layered storytelling. Charlotte's work blends introspection with bold cinematic vision, creating films that don't just tell a story — but transform the viewer.

She is the founder of *Above The Nerve*, a creative production company driven by the belief that storytelling has the power to transform not only audiences, but the people behind the scenes. With a focus on authenticity, equality, and artistic integrity, *Above The Nerve* creates space for bold ideas and honest human connection, fostering an environment where talent feels seen, valued, and respected.

Notable Work: *Pathless* (2022), *Mind of Thoughts* (2024)

Instagram: [@charlotteverminck](https://www.instagram.com/charlotteverminck) / [@abovethenervefilms](https://www.instagram.com/abovethenervefilms)

Website: www.charlotteverminck.com / www.abovethenerve.com

[Download HD Headshots](#)



Lead Actress (Elle Davis)

BRIENNE MIZELL

Brienne Mizell is a versatile American-born performer whose career spans dance, theater, and film. She has performed in the Olympic Opening Ceremonies (Vancouver 2010 & Rio 2016) and worked with major dance and music companies.

Trained at USC's School of Dance and the Institute of the Arts Barcelona, Brienne is a classically trained ballerina with expertise in contemporary dance, acting, and voice performance. She made her narrative film debut as the lead in *Mind of Thoughts*, where she brings raw vulnerability and movement-based storytelling to the role of Elle Davis, a struggling artist trapped in the war inside her mind.

Notable Work: *Mind of Thoughts* (2024), Olympic Ceremonies (2010, 2016)

Instagram: [@brienne_mizell](https://www.instagram.com/brienne_mizell)



BERTHE TANWONJOLE

A powerhouse performer from Cameroon, Berthe Tanwo Njole is a multi-faceted actress, singer-songwriter, and pianist. With over a decade of experience, she has starred in acclaimed films and series, including *Thuis*, *Kameleon*, *Alter Ego*, *Two to Tango*, and *Le Grand Cirque*.

Her musical talent has taken her to Paris' prestigious Olympia Stage, and she has collaborated with stars like Eric Cantona and Koen De Bouw. In *Mind of Thoughts*, she embodies the enigmatic and powerful Ms. Margret, a mentor-turned-mirror for Elle's internal struggles.

Notable Work: *Thuis*, *Two to Tango*, *Le Grand Cirque*, *Mind of Thoughts* (2024)

Instagram: [@berthetanwonjole](https://www.instagram.com/berthetanwonjole)

Website: www.berthetanwonjole.com



Director of Photography

GIANCARLO STIGLIANO

An award-winning cinematographer from the U.S., Giancarlo Stigliano is known for his rich visual storytelling and emotionally charged framing. As the Director of Photography for *I Think I'm Sick*, he contributed to the film that won Best Feature Film at the Rhode Island International Film Festival and was honored at New York Film Week.

With a background in commercial, documentary, and narrative filmmaking, Giancarlo brings a signature blend of intimacy and cinematic scale to *Mind of Thoughts*, visually translating the film's psychological depth into stunning compositions.

Notable Work: *I Think I'm Sick* (Best Feature, Rhode Island International FF)

Instagram: [@carlostigs](https://www.instagram.com/@carlostigs)

Website: www.carlostigliano.com



Composer

KATI FALK-FLORES

A Golden Trailer Award-winning composer, Kati Falk-Flores has crafted scores for some of the biggest Hollywood trailers, including Disney's *Mary Poppins Returns*, Sony's *Venom: Let There Be Carnage*, and Apple TV's *Cherry*.

With a gift for creating emotionally powerful and immersive soundscapes, she brings a haunting, evocative score to *Mind of Thoughts*, heightening the film's tension, vulnerability, and psychological complexity.

Notable Work: *Venom: Let There Be Carnage*, *Mary Poppins Returns*, *Mind of Thoughts* (2024)

Instagram: [@katifalkflores](https://www.instagram.com/@katifalkflores)

Website: www.katifalkflores.com



Choreographer

REBECCA DE KEMPE

Trained at the London Studio Centre, Rebecca De Kempe is a sought-after Belgian choreographer and professional dancer. She has worked with major brands, including Tomorrowland, Peugeot, BMW, and Deloitte, and has performed for the popular group K3.

For *Mind of Thoughts*, Rebecca crafted expressive, movement-based storytelling, helping transform Elle's thoughts into a visceral, physical language through choreography.

Notable Work: *Mind of Thoughts* (2024), Tomorrowland, Peugeot, K3

Instagram: [@rebeccadekempe](https://www.instagram.com/@rebeccadekempe)



Producer

MARTIN DEWITTE

As the founder of Living Stone Productions, Martin Dewitte has been a key figure in international film production since 1997. He co-founded Cine3 alongside Antonino Lombardo (producer of the Academy Award-winning *Antonia's Line*) and has collaborated on major Belgian and international projects.

His work includes co-producing BBC-HBO's *Parade's End* (starring Benedict Cumberbatch & Rebecca Hall) and critically acclaimed films like *Secrets of War* and *Lucia de B'*, which was shortlisted for the Academy Awards.

Notable Work: *Parade's End* (BBC-HBO), *Lucia de B'* (Academy Award Shortlist), *Mind of Thoughts* (2024)

Website: www.livingstonefilm.com



TECHNICAL SPECIFICATIONS

Year of Production: 2024

Genre: Psychological Drama

Length: 23:00

Country: Belgium

Shooting Locations: Belgium,
France, The Netherlands

Original Language: English & French

Shooting Format: Digital

Aspect Ratio: 1.66:1 (4096x2160)

Audio Format: 5.1 Surround

Film Color: Color

Camera: Sony Venice

Screening Format: DCP 4K or ProRes Ultra-HD

Subtitles and/or Captions: English, French, Dutch

For press, screenings, or festival inquiries:

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MIND OF THOUGHTS

[@mindofthoughtsfilm / mindofthoughts.com](https://www.mindofthoughts.com)

