

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 CINEMATOGRAPHY BY REBECCA DE KEMPE

VERSCHOORE  
& VERKOUILLE

Refresh

CASSELBERGH  
HOTEL

verminck  
FOCAL POINT

ANDENBOGAERDE  
CRUISEKONINGEN

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LIVING STONE

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BY APPOINTMENT

BELGIAN  
TAX  
SHELTER

## LOGLINE

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**.

Hoping to create a fresh start, she **takes a job 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.

# 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. Filmed across three countries with a diverse international cast and crew, 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:  
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Writer/Director/Producer/Editor

## CHARLOTTE VERMINCK

Charlotte Verminck is a Belgian filmmaker known for her visually striking and psychologically immersive storytelling. Her latest short, *Mind of Thoughts*, is a bold exploration of self-doubt, inner strength, and the unseen forces shaping reality, created with a diverse team of over 50 collaborators. The film has been officially selected for the 25th Beverly Hills Film Festival and has earned Charlotte a nomination for Best First-Time Director at the Red Movie Awards in Reims, France, with winners to be announced at the awards gala on May 24, 2025.

She honed her craft at Little Minx in Los Angeles, the renowned production company founded by Rhea Scott, where she deepened her understanding of high-level creative production. At just 17 years old, she became Creative Director for Ozark Henry, shaping multidisciplinary visual narratives. Her poetic short *Pathless* was screened at the Poetry Film Festival in Los Angeles, earning recognition for its emotional depth and precision.

Charlotte's work challenges perception, blending introspection with bold cinematic vision, creating films that don't just tell a story — but transform the viewer.

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

**Instagram:** [@charlotteverminck](#) / [@abovethenervefilms](#)

**Website:** [www.charlotteverminck.com](http://www.charlotteverminck.com) / [www.abovethenerve.com](http://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](#)



Lead Actress (Ms. Margret)

## BERTHE TANWO NJOLE

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 *Thisis*, *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:** *Thisis*, *Two to Tango*, *Le Grand Cirque*, *Mind of Thoughts* (2024)

**Instagram:** [@berthetanwonjole](#)

**Website:** [www.berthetanwonjole.com](http://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](#)

**Website:** [www.carlostigliano.com](http://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](#)

**Website:** [www.katifalkflores.com](http://www.katifalkflores.com)



Choreographer

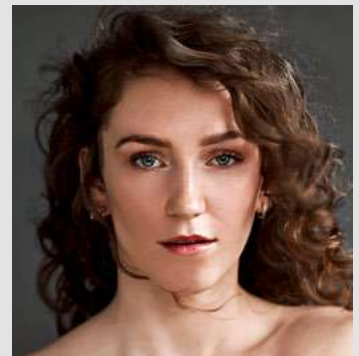
## REBECCA DE KEMPE

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](#)



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](http://www.livingstonefilm.com)





# FESTIVAL SELECTIONS

## OFFICIAL SELECTIONS & NOMINATIONS

### 2025

- **Beverly Hills Film Festival (BHFF)** – Hollywood, USA  
Official Selection  
Premiere: April 4th, 2025 – TCL Chinese 6 Theatres  
Awards Gala: April 6th, 2025 – The Beverly Hilton Hotel
- **Red Movie Awards** – Reims, France  
Official Selection  
Nomination: Best First-Time Director  
Awards Gala: May 24th, 2025



*(More festival selections will be announced soon.)*

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## DOWNLOAD OFFICIAL FESTIVAL LAURELS

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

- [Download Beverly Hills Film Festival Laurel \(PNG\)](#)
- [Download Red Movie Awards Laurel \(PNG\)](#)

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

# 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

# MIND OF THOUGHTS

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