



CREATORS COUNSOUL

About

Creators Counsoul is a network for creators of all backgrounds offering personal and professional development and artist empowerment through both individual and group coaching and consulting, community engagement, and creative project development.

Introducing an interdisciplinary approach that combines creativity, art, entrepreneurship, and mental health/wellness services, Creators Counsoul provides the support and resources necessary to create a successful lifestyle.

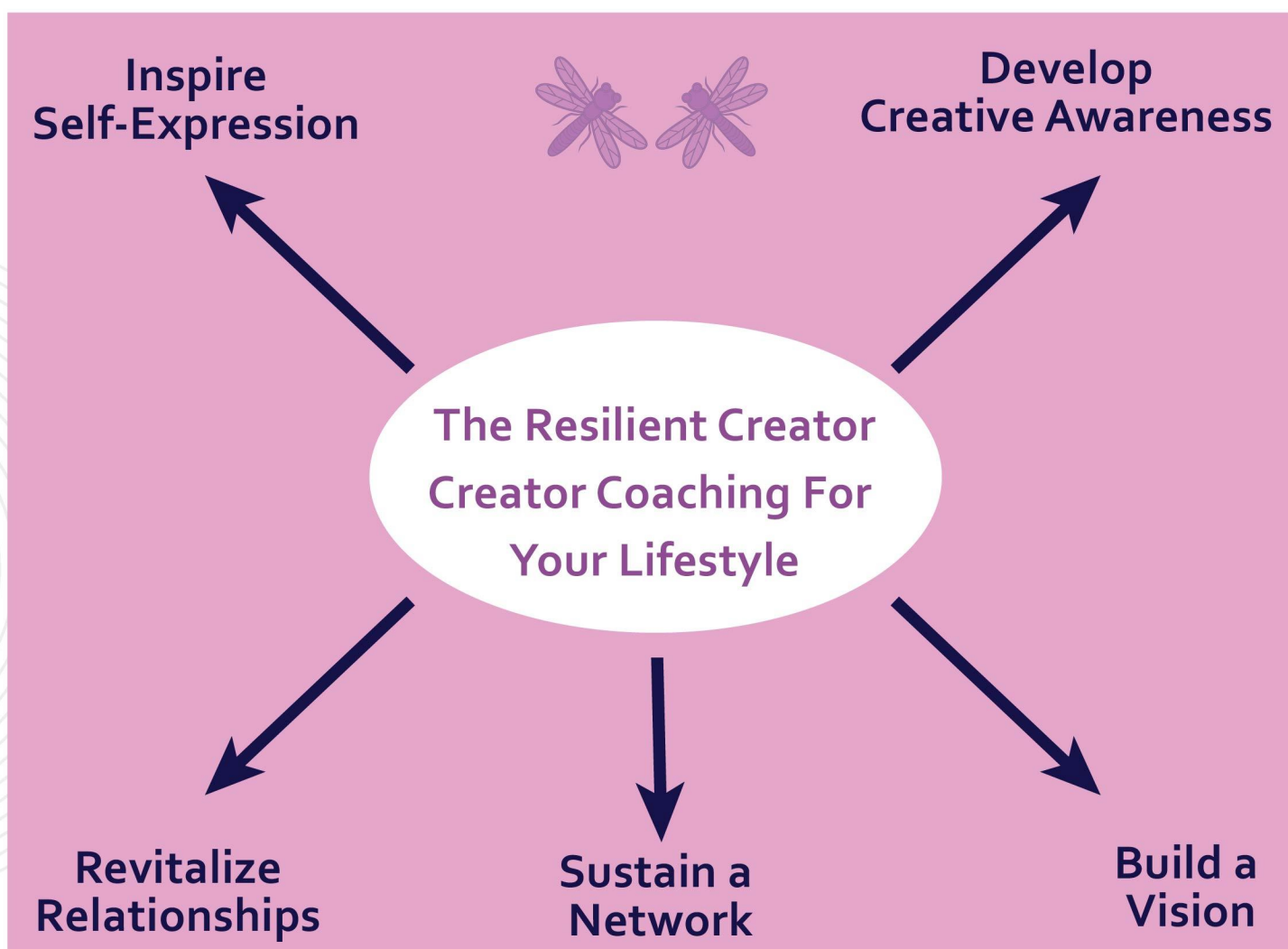
THE RESILIENT CREATOR

Developed By

LINDSEY SHERWIN, MSc, LP-RDT, EXAT

Artist, Expressive Arts Therapist, and Creative Consultant

“Helping Artists, Creators, and Creative Entrepreneurs find their flow and use their voice to explore a lifestyle that creates long-term resilience.”



Creator Coaching supports artists + creators at the intersection of the creative process, therapeutic expressive arts, and entrepreneurship.

REGISTER FOR THE 8 WEEK GROUP PROGRAM

Groups are based on the following topics and include:

Using the Expressive Arts for Wellbeing, Mental Health, Self-Care, & Community



ESTABLISHING IDENTITY:

Establishing Identity, Awareness, and Self-Expression
Knowing Who You Are and How You are Delivering Your Art



FULFILLING DETERMINATIONS:

Fulfilling Determinations (short-term goals) through a
Creative Arts Approach



DEVELOPING A SUPPORTIVE NETWORK:

Balancing Personal and Professional Relationships



SELF-CONFIDENCE:

Using Rejection as a Strength to Increase Internal Value
and Self-Confidence



SUSTAINABILITY:

Creative Consistency, Motivation, and Self-Care



HIGH VISION:

Scaffolding a High Vision (long-term goal) as you Build your
Art Business: Affirming a “Thrivers” Mindset



MAINTAINING RESILIENCE:

Expanding on Empowering Strengths, Qualities, and
Values when Acting Upon your Goals



ORGANIZING:

Organizing and Piecing it Altogether based on the concepts
of C.O.R.E. (Create, Organize, Recreate, Expand) method



If you feel like you'd benefit from my accountability and this specialized approach to well-being and lifestyle support, please get in touch for a FREE 30 minute consultation. We look forward to connecting with you.

CONTACT US



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