

REGISTER FOR 1:1 CREATOR LIFESTYLE COACHING

PERSONAL DEVELOPMENT AND THERAPEUTIC EXPRESSIVE ARTS COACHING

- Develop balance and flow using mindset work, creative energy healing, spiritual and restorative body-based practices (mindful breath work, mini meditations, visual and guided imagery)
- Restore the self through activating positive states via music and dance/movement
- Re-story narratives through intention setting, scripting, visual art, painting, collage-making, and 3D sculpting
- Boost confidence and inspire self-expression through structured writing prompts

ENTREPRENEURSHIP

- Develop clear advocacy and entrepreneurial skills that support the transformation of your capacity to be a high-value, confident creator and creative leader within your profession
- Deep dive into specific themes that are relevant to you and moving your business forward
- Construct a co-creative project
- Build self-worth and identity through playing roles comfortably in a safe and judgment free contained space to explore yourself and the metaphors of your stories rather than directly talking about issues