



Some of the things we would explore together:

HOW TO DEVELOP YOUR OWN UNIQUE CREATIVE VOICE?

- How to cultivate stillness
- How to develop your own and unique voice
- How to quiet the voices and overcome your insecurities
- How to stay OUT OF YOUR own way
- Tap into a well of fresh ideas that are uniquely yours
- Develop a process that is uniquely yours and will lead to your highest work
- Own your work and your creative process
- When is it ok to call yourself “an artist”?
- Learn how to cope with anxiety and find the best tools to help you overcome creative blocks

- Build a library of tools you can tap into to help support you through your journey
- Learn your own unique value as a creator and stop looking outside of yourself for validation
- Learn meditation techniques and practices to help clear your mind, connect with your higher self and hear your own voice
- Explore a variety of tools and materials to expand your creative horizons