

Creativity Coaching

Description:

My coaching goal is to help you expand and enhance your ability to be your authentic creative self. Artists and writers frequently hit creative roadblocks. When that happens we feel stuck and unsure. It helps to have a *guide* – someone whose job it is to be objective about your work and/or your situation. As your *guide*, I can help you figure out the best way to get unstuck and move forward.

Some of the issues a coach can help you address:

Finding time to pursue your creative work
Overcoming mental or physical blocks to working
Developing a new direction in your work
Refining or even determining your style or personal artistic voice
Making work that is meaningful – whatever that means to you!

Coaching doesn't work unless it is tailored to fit your very personal and specific needs. Our contract starts with a phone conversation – so that we can get to know each other and decide where to concentrate your energies.

Coaching contracts go something like this:

After the first phone call, when we have decided what the focus of your efforts will be, I make some suggestions that I think will be helpful. We agree together on the plan for the next two weeks, and this means we have very specific strategies you will pursue.

You may check in any time with me during that two week period by emailing me. I'll respond when I can, but I will always respond on Fridays.

We'll set another phone call two weeks out from the first, and we'll use that call to see how things are going, and to chart a course for the next two weeks. This process continues until the end of the contract, which is usually ten weeks. At the end of the contract period, you can renew if you feel the need to do so. Many people find that they can take the reins after ten weeks – but may like the idea of being able to sign on again if the need arises. It's totally up to you.

Most habits require ten weeks to establish as regular behaviors, therefore, the ten week contract, which is 325.00. If you are not sure you want to pursue the ten week contract,

you may pay 50. for a one time session in order to determine whether coaching is a good *fit* for you.

Coaching is available on a rolling basis, as long as there are spots open on my schedule. If you have any questions, or are interested in scheduling a session or setting up a contract, please email me at dunnewoldj@complexcloth.com