TASHA GOLDEN, PhD



- Behavioral Scientist & Author
- Expert in Leadership, Creativity & Wellbeing
- International Speaker & Consultant
- ▶ Former Touring Singer-Songwriter

For more information, visit Dr. Tasha's full profile here.

Conversation Starters for Tasha Golden

- 1. You began as a full-time singer/songwriter and are now a health scientist and creativity expert. How did that transition happen?
- 2. You've been open about your experiences with burnout and depression and created a mental health training for creatives. How has this shaped your work as a health scientist and consultant?
- 3. You developed the "creative mindset" framework. What are its three pillars, and how can leaders use them to drive innovation and navigate uncertainty?
- 4. You discuss "creative refusal," the idea that challenging emotions can fuel breakthroughs. Can you explain this concept and how people can apply it?
- 5. You work across arts, health, business, and more. How does this interdisciplinary approach influence your work, and what advice do you have for others looking to break traditional boundaries?
- 6. How does creativity relate to mental health? How can people tap into their creative potential for better wellbeing?
- 7. You research and speak about a new model of healthcare called "Arts on Prescription," where creative activities are prescribed to improve health. Can you explain how this works?
- 8. Many organizations struggle with workplace wellbeing despite investing in wellness programs. What are they missing, and how can creativity and innovative thinking create more resilient, high-performing cultures?
- 9. You've written about the concept of "talk-about-ability," and how art can make challenging topics...well, "talk-about-able." Tell us about this concept, and why it matters for our lives or our work.
- 10. What are some hidden drivers of health that most people overlook, and how can understanding them change how we approach wellbeing?
- 11. You founded a program called *Project Uncaged*, an arts-based health intervention for incarcerated girls. What is that program, and what led you to create it?
- 12. You created "How We Human," a mental health training for creatives. What gap did you aim to fill with this program?
- 13. You also work as a consultant. How do concepts like the creative mindset [or other topic of interest to host/audience] show up in your work with organizations?

To book Dr. Golden for your podcast, please contact her agency.



