

Unleashed Creativity Cohort: *The Artist's Way*

Build community and creative muscle.

September 8 - December 1, 2025

[Unleashed Azalea](#) presents a curated 13-week program to foster creativity and self-discovery. Using Julia Cameron's *The Artist's Way - A Spiritual Path to Higher Creativity* and other resources I've collected and designed, participants will find presence, connection, and growth.

The Artist's Way was published in 1992. Millions of people have used it. Its practices have changed lives. Cohort members will embark on this process of self-development with the support of a group. Weekly calls will deepen the experience by providing opportunities to reflect on progress, notice synchronicity and change, and interact with others on a similar journey.



Who is this for? Anyone who wants to bring more creativity into their life.

- If you want to write, paint a mural, build an insect hotel, or make something cool out of that broken chair you found in the alley, join us.
- If your inner creativity isn't quite sparking, you're in a rut, you can't find the energy, or you don't know where to start, join us.
- If you have a creative practice and want to deepen it, reflect on it, expand it, feed it, or make it burn brighter, join us.
- If you're looking to break out of your usual routines, invigorate your work life, or be more inspired when it comes to getting dinner on the table, join us.
- If you've tried creative challenges before (maybe even *The Artist's Way*) but you didn't stick with them, join us.

There is nothing you have to figure out. Just sign up and you'll be guided through a well-tested, flexible process that you can easily tailor to your needs and goals.

What's the time commitment?

For 13 weeks, we will meet weekly for one hour via Zoom. The rest of the activities are done on your own schedule. You can expect to spend 4-7 hours each week on the following:

- ☐ Read one chapter each week and do the suggested exercises (30-60 minutes/week)
- ☐ Morning pages (20-30 minutes/day)
- ☐ Weekly artist date (60-90 minutes/week)
- ☐ Weekly Zoom call (60 minutes/week)

If you complete every piece of the program, you'll need 6-7 hours each week. Even if you have to scale your time back to 4-5 hours each week, you can still have a profound experience. The weekly recap emails I send after each Zoom session help you stay connected even if you have to miss a session.

If you can't dedicate at least 4 hours a week right now, I'd suggest waiting to start this adventure. [Send me a note](#) and I'll contact you about future offerings.

Logistics and materials

You'll need a way to connect to Zoom for our weekly meetings (computer, tablet, or phone.)

You'll need a copy of *The Artist's Way*.

Given the popularity of the book, it's easy to find used copies (borrowing works, too.) It does not matter which edition you use. An audiobook version of *The Artist's Way* is available, though it can be difficult to do the exercises at the end of each chapter without seeing them in print. But if your preference is to listen, we've got you covered - the weekly recap emails sent after each Zoom call will list the exercises for that week.

You'll need a notebook or paper and a pen for your morning pages. That's it!

Zoom call schedule (Mondays at noon Central time.)	Week/Chapter
Monday, September 8, 2025	0 - Introduction
September 15	1
September 22	2
September 29	3
October 6	4
October 13	5
October 20	6
October 27	7
November 3	8
November 10	9
November 17	10
November 24	11
December 1	12

Cost

Investing in yourself involves time and energy. I've found it difficult to sustain self-development efforts when I attempt them on my own. When my investment includes money and other people, I'm more likely to put in the time and effort. And when I do, it leads to better outcomes.

To facilitate a healthy investment on your part, and to respect the time, effort, and experience that goes into design and facilitation on my part, this program is offered on a sliding scale. One similar program I found online has a price tag of \$897, and others require membership in an organization. My goal is to be accessible and clear. **The sliding scale fee range is \$77 - \$555.**

You pick your price. The minimum amount is less than \$6 per session. It's a wide range and there will be people at both ends of it. Whatever amount works for you, I'm grateful you want to join.

Questions and Sign up

Do you have questions? Want to talk about a concern? Are you ready to commit?

Send me an email at elaine.eschenbacher@gmail.com.

FAQs

- **What is a creativity cohort?**
A small group of people who embark on a process of creative habit change. Members do their work independently, and meet regularly with the group to discuss, reflect, celebrate victories big and small, and deepen the experience overall.
- **What if I have to miss a session or two?**
No worries, most participants will have a conflict for at least one session. My advice: commit to the larger goal of 13 weeks of structured attention on your creative development. You'll receive the weekly recap email to keep you on track.
- **The Zoom calls happen during my lunch hour, can I eat while we meet?**
Absolutely. I'll honor busy schedules by using our time well, and it will be relaxed enough for you to do what you need to do to take care of yourself.
- **What if I have a busy week and can't do the reading or the exercises?**
Come anyway. The weekly calls will be valuable even if you haven't had a chance to do the work. If you want to catch up later, great. If you can't, don't worry about it. Just move on to the next chapter. Trust that you'll get what you need.
- **The Artist's Way frequently refers to "recovery" and "God." What if I don't resonate with those concepts?**
Whatever your beliefs, you are welcome. Our weekly sessions are designed to be open and relevant for people of all faiths or none. *Several aspects of The Artist's Way don't align with how I see the world, yet the tools are powerful for igniting creativity.* The purpose of the creativity cohort is to facilitate creative growth, so we won't waste time and attention critiquing the book (even though there may be legitimate things to criticize.) Past cohort members have wisely taken what's useful, and left the rest behind.
- **Is there another question that should be answered here?** [Send me an email.](#)

About the facilitator

Elaine Eschenbacher is a writer, facilitator, educator and coach who loves complex projects, deep thinking, human development, and the creative process. She has a master's degree in organizational leadership and has taught at the undergraduate and master's levels. Creativity, care and presence shape her point of view.

When I first read *The Artist's Way*, I started writing morning pages (handwritten, stream-of-consciousness thoughts first thing in the morning) but I didn't do any of the exercises at the end of each chapter. A couple of years later, I gave it another try. I did more of the exercises, but ran out of steam halfway through (not a ringing endorsement for the book!) Having taught college courses, I knew what I needed - community. That's when I started thinking about convening a group to work through the book together.

In 2024, I joined a group led by someone else and worked through the whole book. The process catalyzed important changes in my life, creative and otherwise. I gained clarity about my goals and felt a strong sense of solidarity with the group, even though I'd never met most of them before this experience. I convened my first creativity cohort in the Spring of 2025, and it went so well I'm doing it again.

This type of supportive, human connection is uncommon in our modern world. I'm motivated to create opportunities for people to engage in a growth process that is gently rigorous and rooted in care so we

can all live more fulfilled lives. We're busy. Our society is fast and noisy. Carving out time for your own development may be difficult, but the rewards will be worth the dedication. You might surprise yourself.

Testimonials

"Elaine's The Artist's Way group session was exactly what I needed to move forward in my creative life. I was able to use the material to ground and center myself, and to clear a lot of the noise in my head. For me, this meant unlocking creative energy and space that led to getting a new work contract (by week 6), applying for a PhD program (week 7), drawing each week after our session, scoping a new business idea, unlocking inklings of project dreams connected to lifelong and childhood passions. I'm now taking concrete steps on those dreams.

Elaine made it happen through thoughtful facilitation of the weekly sessions by holding space, finding the right balance of prompts and discussion to bring the Artist's Way material to life, and bringing her own experiences to the group.

I am so glad I joined this cohort - and am very pleased with the impact it had on my life. I highly recommend this experience to others - regardless of whether you are a traditional "creative" or not. There is much to learn and grow from."

- G, technologist, creative, and entrepreneur

After this course, I am able to face self-doubt, imposter syndrome, and perfectionism with peaceful nudges of positive encouragement. I have written the first page of my book, I am finally making headway on publishing my research, and I have been able to return to writing the creative poetry I love so dearly. During our weekly meetings, Elaine facilitated a space free of judgment, and full of uplifting and inspiring activities to get us into a mindset of positivity.

Julia Cameron's book, The Artist's Way, is an excellent one, but I am certain I would never have gotten halfway through it (let alone finished it!) without the support of this course. It has reignited my artist flame.

- R, environmental consultant and writer