

Creative Coaching

I help people who are feeling *stuck* in any area of their lives, through organizational strategies, setting and prioritizing goals, and integrating “creative disruptions” (activities, exercises, and habits), to get *unstuck* and increase overall life satisfaction.

My highly individualized approach combines practical strategies for positive life change (such as time management, prioritization, organization of ideas and physical space) with intuitive creative and healing arts practices to help clients observe and accept their full range of emotions, notice the beauty that surrounds us, and move through life with greater ease, groundedness, and joy. As a coach, I work with you to identify your strengths, define your own goals, gather resources, and personalize an approach to achieving and evaluating (or even redefining) those goals, as appropriate to the situation.

With over two decades of professional experience in logistics, operations, and project management, I have a passion for analyzing problems, finding creative solutions, and getting things done. I am also a trained Postpartum Doula, have a BA in Psychology and an MFA in Interdisciplinary Arts & Writing (with a focus on visual arts); I love working with individuals one on one, whether providing emotional, practical, educational, or other life supports. My approach is to face external obstacles with pragmatism and an open-mindedness to a multitude of possible solutions, and internal obstacles with curiosity, grace, and gratitude for growth opportunities.

As a coach, I work alongside other supportive pillars in your life, such as communities, personal relationships, therapists, doctors, trainers, and other professionals. Whether tackling a short-term project or learning long-term strategies that will guide you through whatever ups and downs will come, I’m here to listen and work with you towards living a life you love and loving the life you live.

Disclaimer: I am not a therapist, but I am a peer support generalist, with expertise and training in assessment, referrals, practical tools for organization and project management, emotional support, and encouragement. Creative coaching is not the same as therapy, art therapy, medical or legal advice of any kind, though therapeutic arts techniques and psychological processes may be referenced. These are meant as suggestions only and guides towards self-awareness, further research and self-education, and additional professional support if desired. Creative coaching fosters agency and self-determination, and clients are responsible for their own decisions.

What does Creative Coaching look like?

- Prior to our first session, I will ask you to fill out a brief Intake Form and Pre-Coaching Survey.

- In our first session together, I will ask about your current situation, life satisfaction, and areas where you may feel stuck or want to work on.
 - We will work together to set and prioritize your goals.
 - *Mind-mapping* is a exercise that allows us to get everything down on paper (or virtual drawing tablet) – everything taking up space in your brain.
 - Through repetition, re-writing, or cutting/pasting, we work to organize and re-organize goals into themes, relationships, and timelines: goals for life, goals for the immediate short-term, and goals for today/this week.
 - For clients who already know where they want to focus, mind-mapping can be done for a specific area or goal to set sub-goals or prioritize activities within the larger area of focus.
- In subsequent sessions, we will check in about progress towards goals, any need or desire to re-define goals, repeat mind-mapping and other quick journaling exercises as appropriate, and decide together on next steps and creative strategies (or “creative disruptions”) that can support the client through their personal growth and/or problem-solving process.
- Clients will learn to assess needs, amass resources, and build a network of complementary life supports as needed.
- Sessions last about one hour each. Clients may choose to work weekly, bi-weekly, monthly, or occasionally as needed, for whatever period of time makes most sense for the specific situation.
- At the conclusion of coaching, clients will be asked to fill out a Post-Coaching Survey.

What are “Creative Disruptions”? Why do you advocate for them?

- Creative prompts or “assignments” that can help us get out of our analytical brain and approach a problem or issue area from a different angle - or just take a break.
- Access our intuitive self-knowledge, subconscious, universal wisdom, spirituality, inner artist, inner child, and are often just plain fun!
- Are non-judgmental in nature.
- Are accessible to everyone.
- May be visual, written, movement- or experiential-based.
- **Examples include:**
 - Mind mapping
 - list-making
 - visualizations
 - finding personal symbols
 - creating “word art” or text-based paintings/signs
 - “found poetry” collage
 - Take a “noticing” walk/Photograph things that catch your eye
 - “the unbroken line” (filling an entire page with a single, twisting, wandering line)
 - Spirals & letter drawing (see Lynda Barry, *Syllabus*)
 - watercolor exercises
 - creating affirmation cards
 - dancing
 - community-building activities
 - string art (including peg boards, god’s eyes, and dreamcatchers)
 - sewing, crochet, knitting, or other fiber arts

- cooking
 - forest bathing
- I am developing my own reference “library” of Creative Disruptions – but I encourage individuals to create their own library as well! Notice what works for you, what brings you joy, what gets you out of your own head, etc. What will integrate into your life as ongoing practices/creative habits? How does this change your sense of self and overall feelings of satisfaction about life?