

Creative Expression Coaching

What Is Creative Expression Coaching?

A creative expression coach guides you to embrace a deeper spiritual path through creativity while helping you to find purpose and make a difference in this world. They help you identify and achieve your dreams and goals and to develop your own path forward. They also help you recognize and overcome the challenges and obstacles that you may be experiencing. Finally, they hold you accountable for completing the steps you want to take while offering encouragement and support along the way.

Is It Right For Me?

If any of these describe where you're at, then, YES, this could be for you:

- feeling stuck, a little lost, and could use some help figuring out where you're going next
- value self-reflection, self-awareness, introspection, and personal growth
- ready to discover a variety of tools to better explore your own creative expression
- you're a dreamer or visionary and can imagine a better world
- want to make a difference in this world but are feeling overwhelmed and not sure where to begin
- crave a more intentional and sacred life and want to explore ways to remember, rediscover, and reclaim your sacred self

*It is the imagination
that gives shape
to the future.*

Barry Lopez

The Process

The process of creative expression coaching has several components. Here is what you can expect when embarking on this adventure!

Discovery Session

A free introductory session to ensure that this coaching relationship is a good fit for both the coach and the client. There's a short questionnaire at the end of the session for the client to complete that will guide the process moving forward. This session lasts about 60 minutes. If a good fit, a coaching plan is agreed to.

First Dedicated Session

During the first 60 minute coaching session the client identifies priorities and with the coach, sets goals, develops a map of sorts for the coaching sessions, and determines the first steps.

Weekly Sessions

Each week the client and coach review progress, explore and resolve the most pressing issues, learn something new, and then agree on a set of steps for the following week, honoring and celebrating the insights along the way.

Final Session

This session brings everything together so that the client has a clear view of where they were, what they've accomplished, and how they got there. A path forward is laid out for the client to pursue on their own.

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an appointment, send an email to:*

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