

## ***"The Artist's Way"***

A 12-week course following *"The Artist's Way"*, Julia Cameron's renowned course in *"discovering and recovering your creative self"*.

Over a period of 12 weeks, participants will complete the world-wide renowned course *"The Artists Way"*. Each week participants will be guided through the process of rediscovering and recovering their creative self. The all too familiar *"I'm not talented enough"* conditioning and limiting self-beliefs that hold many people back from fulfilling their creative potential will be uncovered and dispelled through a series of weekly chapters and activities.

Throughout the course, participants will be enabled to:

- begin their unique path towards a more creatively fulfilling life;
- overcome barriers that stand in the way of their true creative expression;
- reignite confidence in their creativity
- put their rediscovered creative talents to use again
- realise that it is never too late to start living a life they truly want to live

The activities are designed to become integrated into participants daily life thus placing creativity in the centre of their lives. Self-doubt, self-criticism, worries about time, money and the support needed to follow creative dreams and impulses will be looked at in depth with the support of a creative community and facilitated throughout by Marigold.

### **About Marigold:**

Three times a student of *The Artist's Way* and a trained facilitator and coach, Marigold specialises in unblocking her client's creative potential and helping people to live truly fulfilling lives where their creativity comes first.

Born in London and raised on a Welsh mountainside without a TV, Marigold has always been happiest making. Following a 15-year career working in Primary Education in inner city London schools, Marigold finally found herself in the position where she could pursue her long repressed creative calling and is now a full-time practicing artist and maker and founder of [marigoldthemaker.com](http://marigoldthemaker.com).

### **Course Overview:**

Each week, throughout the course, participants will receive an email from Marigold highlighting the weeks reading and activities to complete as well as a weekly check-in from Marigold enabling participants to reflect on their progress through the course material and address and overcome any blocks or resistance that may be arising to completing the course.

There'll be a new weekly topic for discussion in the Private Facebook Group and participants have 24/7 access to the supportive online community.

Each month, Marigold will facilitate a group online Zoom session with the intention of holding a safe space in which to explore any issues or insights arising from the topics covered in the weekly chapters.

### **Recommended time commitments:**

A minimum time commitment of 2 hours a week is recommended in which to complete the weekly reading and activities in the 12 chapters of *The Artist's Way*.

In addition, it is recommended that course participants set aside 30 minutes each morning in which write their morning pages and at least half a day a week in which to go on an Artist Date.

### Introduction Week:

The course will begin gently with introductions in the Private Facebook Group and an opportunity to prepare and familiarise yourself with the material of the course.

Participants will be encouraged to get their materials ready for the course and read the first three chapters in "*The Artist's Way*" - Introduction; The Basic Principles and The Basic Tools.

### Weeks 1 - 12:

- **Every day:**

Participants will be encouraged to develop a daily habit of writing their "*Morning Pages*" - a tool that Julia Cameron believes is integral to the success of the process of unblocking creative potential. She recommends writing three sides of stream of consciousness thoughts, allowing participants the time and space to allow hidden creative blocks to surface and leave them "on the page", thus allowing participants to proceed with their day with more clarity and free from creative blocks.

- **Every week:**

Participants will be encouraged to find the time in which to complete one chapter a week for twelve weeks outlined in *The Artist's Way*. They will need to find 2 hours a week to read and complete the exercises outlined in each chapter.

Participants will also be encouraged to take themselves on a weekly "*Artist Date*" of their choice and design. Julia Cameron stresses that this combined with the morning pages are the two disciplines that participants will need to develop in order to nurture and release their creative potential.

Each week there will be a new topic related to the week's chapter to discuss and explore in the Private Online Facebook Group.

- **Every month:**

The group will gather in an online session facilitated by Marigold in which to discuss any issues or insights participants may be experiencing throughout the course. There will be the opportunity to explore and discuss insights and revelations in more depth as a group in a safe and supportive group environment.

### Completion Week:

Participants will be looking at the next steps in their creative journeys, celebrating their milestones and recognising their own personal gains from completing the course. There will be an opportunity to discuss the formation of a "*Creative Cluster*" and participants of the group will be given the option to continue to be part of the supportive online creative community.

**Start date: 1<sup>st</sup> April 2019**

**Finish date: 7<sup>th</sup> July 2019**

**Cost: £65**