

CREATIVITY COACHING: BECOMING WHOLE AGAIN

*Flipping
the
analytical
and the
creative*



WHY CREATIVITY?

Our systems of education and employment focus on analytical, process-oriented approaches, and ignore creativity and the arts. Asking us to believe they are unnecessary and "nice to have" rather than "must have" skills and abilities, when nothing could be further than the truth.

Neuroscience is now providing support for what many have long known: the arts are critical to our well-being, mental health, healing, learning, flourishing, and creating community, as documented in the book, *Your Brain on Art: how the arts transform us* by Susan Magsamen and Ivy Ross.

So, how do we reactivate what's been lost? How do we reintroduce the things that have been educated out of us: creativity and playfulness. By reactivating these things, things we once instinctively knew, and infusing them into our work activities we are better able to adapt to an ever-evolving environment, and create organisations that are more innovative, flexible, and engaged.

Integrating art, artistic attitudes, and a creative practice into our work, processes and lives creates a different way of working and being in the world. It enables the adoption of agile/flexible behaviours and changes our culture which in turn facilitates the digital transformation of our organisations, so that we are successful now and in the future.

Stephanie Barnes provides coaching so that you develop your own artistic attitudes and practices to find solutions to problems that are innovative and that help you become whole again, remembering who you were before it was educated out of you.

*Finding
solutions
to
intractable
questions*



COACHING DESCRIPTION

Individual coaching is for people who want to bring more creativity and balance to their lives and career. People who may be feeling stuck, like it's time to do things differently because what they've been doing just isn't working.

Applying artistic practices and principles to your situation can help you discover a way forward.

Using artistic practices and attitudes Stephanie helps you look at things differently, challenge old assumptions. What does she mean by Artistic Practice? She means: Perceiving, Reflecting, Playing, and Performing. Artistic Attitudes are: Curiosity, Passion, Confidence, and Resilience.



*Taking
time to
look at
things
differently*



Coaching Sessions

We can plan as many sessions as you feel would be helpful. The typical packages are either 4, 10, 18, or 24 1-hour sessions.

Some possible themes we might work on in our coaching sessions:

- Creativity
- What we can learn from artists
- Perception
- Sustainable leadership
- Curiosity
- Listening
- Reflection
- Intuition
- Patterns/beliefs that may be blocking you
- Themes/topics identified by you, e.g. getting in touch with your vision for your future

Please contact Stephanie to discuss the options that are right for you and to receive a quote.

Creatively Fit Coach: Stephanie Barnes

Stephanie took her early career quite seriously, focusing initially on accounting and then information technology, and knowledge management but then she discovered painting and fell in love. She realized work could be fun and slowly started to bring art and creativity into her consulting practice, spreading the fun and the insights that came with it to those she worked with.

Developing and sustaining an art practice taught Stephanie lessons about challenging assumptions and the courage to try new things, not to mention improving her resilience. She now shares these lessons (and more) in her workshops helping people develop these qualities and organisations to be more creative and innovative.

Stephanie likes making a connection with people through sharing experiences and lessons learned wherever the lessons might have come from as well as spending time in nature, art galleries, museums, and at the symphony.

Please visit Stephanie's profile on <https://www.linkedin.com/in/stephanieabarnes/>

CONTACT

For more information or a quote please contact:

Stephanie Barnes

stephanie@realisation-of-potential.com

+49 179 854 8376

Isn't it time
to do things
differently?

