

# CREATIVE COACHING

## WITH ELLEN GREENE

### What is creative coaching?

Creative coaching is a form of coaching that helps people reconnect to their creative skills while strategizing solutions to barriers holding them back.

### Creative coaching is.....

- Developing habits and strategies that create a sustainable creative practice
- Based in realistic goal setting
- A belief that progress is dictated by intuitive pace of the client
- Action oriented and based on personal accountability

### Creative coaching is not...

- Therapy or a solution to any mental health or medical issue.
- A program that promises any financial gain.
- Responsible for teaching any art techniques or skills.
- Bound by any obligation beyond scope of proposal.



### About me...

Hello! I am a professional artist and creative coach living and working in Evanston IL. My coaching services are strategies I've found successful from years of experience as a professional artist, spiritual seeker and practitioner a variety of self healing modalities such as yoga and meditation. My story is one of resilience and creative perseverance through many challenges that we all face in life such as death, addiction and divorce. Though I am not a therapist, I have cultivated a compassionate approach that honors the people I serve with where they are on their individual journey. I offer both practical tips and inspirational



## How it works...

After you answer a short questionnaire I'll put together a program customized for you. Below are just some of my areas of expertise:

- Space- Strategize set up and optimization of studio space and supplies.
- Community-From open mics to gallery crawls, how can we plug into our creative communities?
- Inspiration- learn how do we lead an inspired life even while we navigate "real" life.
- Archive/physical or digital organizing- I'll show you how keep your bio, CV and art documents in formats and locations for ease of use.
- Marketing/social media-I have used social media and marketing tools to increase my following, sales and visibility. It is not a scary place once you use my strategies.

motivation to stay connected to your art practice no matter what challenges you may face. Whether you are starting from scratch or professional whose practice needs a tune up, I can help you. I believe that a consistent practice and development of our creativity results in a more positive sense of self, of others which ultimately result in a more creative and compassionate world.

I look forward to working with you.

-Ellen Greene

*"Unused creativity is not benign. It metastasizes. It turns into grief, rage, judgement, sorrow and shame" - Brene Brown*

