



TOPICS

- The links between art, creativity and well-being.
- Art therapy concepts that embody the mind body connection and can benefit everyone.
- From CFO to Artist. My journey from the business world to a creative career.
- Creative journeys as the foundation for a lifelong personal growth journey.
- Balancing creativity with life, work and family, plus solo mum tips!
- The value in creatively connecting your heart with your home.

MEET SAM

From CFO to Artist !! My own personal creative journey has been a **life changing** one. Over the past decade, I have slowly found power within myself the more I acknowledged my creative desires. The more I **gave myself permission to explore and play creatively, the more inner strength, connection and peace** I found.

Now, as a practising artist, I find great joy in sharing my art with the world and fuelling the **connection between people's hearts and homes**. It's a huge honour to have your art featured in another person's home sanctuary.

BUT... I'm most passionate about finding ways to guide other women to discover the **limitless and transformative healing powers of art**, regardless of where they are on their creative journey.

I support **creatively curious** women to:

- better process and support their emotions,
- connect more deeply with themselves,
- gain inner strength, peace and wisdom,
- improve relationships, and
- regain their zest & passion for life,

through the process of art-making and creative practices. Using my **signature holistic art system** that embodies the **mind-body connection** and promotes **self-led creative discovery and expression** to enhance **well-being**. Regardless of where they are on their creative journey.

Get in Touch

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