

Supply List & Detailed Description

Ignite Your Creativity with Guest Artist Deborah Sussex

\$30 Material Fee ~ Payable directly to Deborah Sussex

Unglue Your Mind, Stick To Your Art; How To Ignite Your Creativity!

Do you know how when your creative efforts get derailed or comes to a halt and it can be very challenging to reignite your creative passion. I am the founder of Creative Nature™ Coaching and as a creativity coach, mindfulness teacher and professional artist/photographer, I help creative people troubleshoot those challenges and get back to doing what they really want to do and that is to create!

Through art-making exercises and conversation, we address questions that will allow you to ignite your creative nature!

- How do I prioritize my art? (when life demands so much of my time and energy)
- How can I bravely address my inner critic?
- What are some new ways to deal with old problems and issues of resistance like procrastination or perfectionism?
- How do I stay focused and motivated with creative projects over time?
- What do I do with my fear of failure; like when I feel intimidated by the blank page?
- How can I understand the creative process so I can just get some of my creative dreams in motion?

Open to all levels of ability (from amateur to professional) this workshop is for anyone who values their creative life and has artistic dreams that you can't wait to pursue.

Each Participant will be given a multi-media sketch book with a special assortment of drawing utensils as a portfolio for their thoughts, drawings, sketches and collages.

Activities will be conducted both indoors and outdoors in beautiful Durango, CO.