

**Welcome Art Boxer Success Club member!**

**Let's get you familiar with your Creativity Coaching**

## **What is Creativity Coaching?**

Creativity coaching is a way to help people develop creative skills but for your artistic soul, and in my approach, it is also a way to develop more satisfying creative processes or business success along with greater access to your passion and the tools to breakdown the fears and barriers that keep you from a fulfilling and (personally defined) successful creative life.

Keep in mind that I am not a trained therapist of any kind but as a coach, I will work to help you develop your strengths and confidence, create goals and plans, and find a healthy creative life/work balance.

## **Your Role**

- This is your show. I am just here to help which means a lot of the work is done outside of our sessions but luckily, the work supports and can even be part of your creative studio time or business routine.
- Take time in the days before each session to complete and return any worksheets or exercises suggested in order to get the most out of your time.
- Come to your session centered and ready to engage. For chat sessions, please be in a place where you won't be disturbed or distracted.
- Please do not shortchange yourself by multi-tasking during chat sessions.
- Do your best to stay open-minded and open to change.
- You are the expert on you in this relationship so you will need to help me with any misconceptions I might have about your situation and goals.

## **My Role as the Coach**

- It is my responsibility to help you uncover your abilities, reflect the reality of your actions back to you, help you discover your version of a fulfilling creative life, and bolster your motivation to work on your proposed goals.
- I will listen and respond to what I hear and ask questions rather than simply giving out answers. Instead, I will help you explore and find those answers in you.
- I leave out my own feelings or preferences to the best of my abilities in order to support your unique objectives so I cannot tell you what I would do but I can give you options to consider.
- I will be making suggestions aimed at having you stretch yourself, deepen the work done in the sessions, and resolve issues. You are free to compromise with, accept or decline anything I suggest.
- I will wrap up all sessions with next steps and give you items to work on, either verbally or with a follow up email.
- I am here for support, although in a limited capacity, outside our session time but quick questions to help keep you motivated and improving are always welcome.

## **Services Defined**

### **Art Boxer Success Club monthly membership:**

As long as your membership is active, we will conduct one of the following:

- **Chat** (preferred for the best progress) – Via phone (US only), Zoom, Facebook, Skype, WhatsApp, or Facetime phone and/or video messaging we will set up a 30-minute session with a follow up email each month.
- **Email sessions**, once or twice a month, comprised of approximately 1 prompt and several replies to your emails. The quantity of emails is based on the time I put in - about 30 minutes of correspondence and 15-30 minutes of additional research or construction of exercise packets for you each month.

**Additional Sessions:** If you would like more time at any point, we can do additional scheduled or crash sessions. Crash sessions are last minute requests fulfilled ASAP if I am available, and usually set-up within hours.

Scheduled chat or email sessions: \$50- 30 minutes; \$85- 60 minutes

Crash sessions: \$65- 30 minutes; \$100- 60 minutes

Extended e-mail Coaching: More extensive coaching discussion with daily possible exchanges (Mon-Sat) by email or through Facebook or WhatsApp messaging. \$65 - \$100/week

## **Non-Session Communication**

Between sessions, if you have questions, a brief update, or need clarification on an exercise or project, you can contact me by email or an online messaging option. Please keep these succinct and considerate of the limited time I have to offer to others. If it seems like an item brought up between sessions would be better served as session material, we will assign it to the next scheduled session or you can opt for an additionally scheduled or crash session if available.

Email:

- sage@tenthmusearts.com

Text Messaging:

- Facebook- Friend me under s.sagebray
- WhatsApp - 720-808-0731

Phone

- Messaging service only - 720-808-0731

**Congratulations on choosing to support your efforts and your dreams by establishing this relationship. I am very excited at the prospect of what you will do and where your life will lead and can't wait to talk with you at our first session!**

**-- Sage Bray**