



Creativity Coaching

Workshop Series

Everyone has a creative side to them, even if you are unaware of yours.

A strong inner voice (and trusting your intuition) supports creativity. Creative living involves all your senses, thoughts and experiences. Re-awaken this part of yourself to create the world you deserve.

In this series, the focus is on you and your inner world, allowing you to overcome unwanted emotions and becoming mentally free to see your world with different eyes and investigate new and different ways of thinking, creating and experiencing.

This workshop is designed to allow you to explore your mind, break away from established patterns of thinking and feeling and to gain new insights and develop an achievable vision for yourself and your future.

Part 1 (First Session):

Your number one enemy to feeling confident and allowing your intuitive voice to guide you, is stress. Thus, we lay the groundwork by teaching you stress management techniques and getting in touch with the genuine you:

- Learning simple techniques to cope with and overcome stress and anxiety
- Reaching an easy balance – physical, mental and emotional
- Relaxation through meditation – making it simple and dispelling myths
- Groundwork for a healthy thought system.

Part 3 (Third Session):

Creative visualization (using your senses and imagination effectively) is powerful in problem solving, planning and creating your world:

- Exercises in sensory experience (visual, auditory, kinaesthetic or your sense of touch, olfactory or smell, gustatory or taste)
- Learn to change perspective to generate options for new behaviour and actions
- Stimulating option generation and creating a future vision
- We build further on strengthening your inner voice with a guided meditation.

Part 2 (Second Session):

Flexibility will allow you to achieve much more – whichever area of your life you desire to grow. Combined with trust in your inner wisdom contribute to calm in the face of difficulties.

- Distinguish between intuition and wishful or fear driven thinking
- Learn to be comfortable with yourself and be confident about who you are, what you feel and what you think.
- Learn how to achieve your own personal inner rhythm and remain focused with our meditation exercises.

Part 4 (Fourth Session):

Focus: Integrating learning will optimize the creative visualization process. This session's focus is:

- Exploring defence mechanism to overcome challenges
- Achieving and maintaining mental, emotional and physical balance easily
- Unleashing your personal power
- Integrating learnings
- With our guided meditation you can experience a clear future vision to create momentum.

Size:

Maximum 6 people.
Sessions kept small to ensure a personal touch

Course Material to sustain learnings

Refreshments are served
Price includes all sessions

Venue:

Yemanya Office
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Roosevelt Park, 2195

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