

Creative Living

take your creativity seriously



renew - recharge - refocus

Do you want to be more creative in your business and life? What changes would make a difference to you? Come on an adventure, take precious time to open your heart, mind and imagination. In this workshop Cathryn will guide you on a spirited and heart-felt inquiry to:

- Gain new perspectives and explore what's possible
- Creatively and courageously connect to your life's purpose
- Make space for new creative habits
- Identify changes you would like to make
- Find focus, clarity, meaning for your creative life, projects and work
- Be inspired to take action

Dates: Saturday 21st May and Saturday 5th November

Time: 9:07am - 5:11pm

Cost: \$295.00 (early bird rate \$250 one month or more in advance)

Where: Magdaz Community Artz, 80 Boundary Rd, Bardon

Book: Call Cathryn 0406007753 e: cathrynllloyd@maverickminds.biz
www.maverickminds.biz



Hi, I'm Cathryn Lloyd. From this workshop you will benefit from the range of experiences I bring as a qualified facilitator, coach, arts practitioner and educator. I use a friendly non confronting creative coaching format. You will join with other participants from a variety of backgrounds who want to incorporate their hearts and heads in their business and everyday environments and to live a more meaningful creative life.

Comments from participants: *Cathryn's workshop opened me up from my "Limiting Head Space Fears" to my hidden "Heart Felt Potentials". The workshop encouraged me to explore and expand my real possibilities. The Final Full Body painting was so liberating. Since the workshop I have been able to implement a wider vision for myself and my business to attract new clients - Robert*

I would highly recommend this experience to anyone, no matter their professional level or personal interest in creativity. It is an essential and rewarding part of the life journey. The Maverick Minds experience of taking mindfulness into creative directions was immensely useful and rewarding - Louise