



Essential Information

Hints and tips to make the most out of the programme

Welcome

I am so pleased you have decided to join this amazing journey of personal and creative discovery. Your results really matter to me and whilst this programme is all about making what you learn all about you, there are some parts of this programme that needs to stick. I've put this document together to help guide you through.

THE PROGRAMME

This programme starts as soon as you receive the link to subscribe to The Conscious Creator online space. Each section of this programme is designed to explore Creative Block, Creative Recovery and Creative Flow. At the end of each block will be a rest week, a pause, this is important space to allow all of what you have learnt and discovered so far to land and deepen, its part of the integration process. For those sessions in the programme you will be expected to still join the weekly online calls and check in with your accountability pods.

THE FACEBOOK GROUP

Please use the facebook group to ask questions, share insight, share victories and set backs, it doesn't matter what you share, what's important is that you speak up. There will be other people in the group that can and will benefit from your questions and answers, after all - we are all in this journey together, your answers and support are just as important as the next persons. It also helps me grow the programme too, so I can make sure, as much as possible, that you get what you want and need from it.

Loving and responding to someones post can make a BIG difference to people, we have no idea what's going on in peoples lives and sometimes even the smallest gesture can help prevent someone from being dis-hearted when things feel challenging.



Communication

TELEGRAM MESSENGER APP.

We will communicate through the Telegram messenger app, which is free to download and use on your phone or PC. Telegram is an extremely secure means of communication which enables me to protect all of your personal data.

EMAIL

You will receive regular emails from me throughout the programme, they may be inspirational quotes, deeper insight, book recommendations, a thought provoking question, please set up a folder in your inbox to file all my communication in for the duration of the programme.

WEEKLY ACCOUNTABILITY REPORT

Each week you will receive an email with the link to your accountability form, please ensure you complete it within 24 hours. Any reports submitted outside of the 24 hours will not receive feedback until the following week.

BREAKTHROUGH SESSIONS

This programme has been developed to give you everything you need within the programme, if you find you require additional 1-2-1 coaching discounted Breakthrough Sessions have been set up to enable you to access additional support or exploration should you require it. Details of how to book the sessions can be found online.



Additional Practices

JOURNALLING

Journaling is a powerful practice that I highly recommend throughout the duration of the course. Journaling can offer you a safe space to download and process your thoughts and is a healthy way to communicate and understand your Self better. Journaling is about being honest with your Self, a space to be real and express that. During this programme you will be challenging your Self, use this as a place to express your frustrations as well as your insights and learn to support your Self in a healthy and compassionate way.

EXERCISES

You will receive emails with additional exercises from time to time or book recommendations, meditations and visualisations, these are there to enhance your experience and learning throughout this programme, deepening the journey of discovery you are on. You are always at choice, if you feel overwhelmed, file them away for when you have time and space.

BOOKS & JOURNALS

For the sake of transparency during sections 2 and 3, I will be referring to my books and Journals - The Power of YOU and The Inspiration & Reflection Cards & Journal which are on sale in my online shop. Whilst you do not require these for the programme, you may find them useful. For anyone in the programme choosing to purchase, there will be a small discount if both books are bought together. The books, journals and cards are produced via the self publishing route and stocked in small quantities, therefore production costs are high and there is very little mark-up. It is not my aim to make a living from these resources but to use them as a way to connect and share my work with more people and offer additional support to those I work with.



The Creative Challenge

THE PROJECT

The creative project is to run alongside the weekly sessions and is meant as a safe space for you to stretch, express and explore week on week. It doesn't matter how your project takes shape (it may be a piece of writing, a painting, a photographic shoot, a part of your website, a dance routine, a new product or service you want to explore in your business) what's important is that its relative and specific to you as an individual, it's in context with where you are right now in your life and it's realistic ... please don't set yourself up for a big 8 hour weekly project when realistically you can only devote 45 minutes . Make this work for you. You will be sharing regular updates on the project with your pod and in the facebook group - so please ensure you chose something you are happy to share.

SHARING

You will be invited to share your project with the group - please note that whatever you are creating it is not about winning awards or doing your best work - this project is a safe space for you to get curious and explore, make mistakes, own them and grow from them without judgement. Everything shared within the group or Pod will be classed as confidential and will not be shared outside of the group.

FEEDBACK

This is not a group for artist critique, unless specifically invited by the author please DO NOT offer critique, focus on the elements that you love about something and build on that. Explore what was different for the author and how they stretched themselves, what they learnt and loved and what they will do differently next time. If as the author, you DO want critique on your project, you are welcome to ask by invitation by adding the comment '*I welcome constructive critique*' to anything you are posting.

CONSISTENCY

For the sake of accountability and your creative growth, you will be invited to declare your creative project at the start of the programme so please ensure when you receive the appropriate email you action it.



Accountability

TELEGRAM

I will check in with you weekly via telegram to see how you are getting on. Please ensure you are open and honest with me during these check-ins. I can not support you if you tell me everything is OK when it isn't.

PODS

During every session you will meet with your designated POD group to explore and set goals with soul for the week ahead. This POD will be the same each week to build stronger and consistent relationships during the programme. Each pod will also be expected to connect once a week outside of our sessions for 30 mins to keep you on track and accountable.

FACEBOOK

Use the group to share where you are each week - a strong community of like minded people is like rocket fuel for our dreams. You are that community - 'be' in it.

WEEKLY REPORTS

Each week you will be asked to track your progress, submitting this can take as little or as much time as you want them to take. Please ensure you complete the forms in a timely, honest and concise manner.





STRUCTURE

Our sessions will take place at the same time each week and will last no longer than 90 minutes. Your weekly POD call should last no longer than 30 minutes and again should be scheduled same time each week.

DAILY

CQ Reps - you will be invited to put a timer on your phone x 3 a day for 90 seconds to implement your CQ rep. Journalling can be done at the beginning or the end of the day and can last as little as 5 minutes if that works for you.

WEEKLY REPORTS

Again you can keep it as short and sweet as you like or take as much time as you need.

CREATIVE PROJECT

This is entirely down to you - there is no right or wrong, just make it realistic.



Equipment

SOFTWARE

Our sessions will take place on Zoom. Please ensure you download the software onto your devices before our first session. You will be sent a link to add to your calendar and a weekly email with the link on the day.

DEVICE

Zoom is a free software. You can download Zoom onto a desktop, laptop, iPad and mobile phone

HEADPHONES

Headphones will be required at each session. Please ensure each session is in a quiet space with no interruptions.

VIDEO

Whilst during the main part of the session you will not be able to see each other, your POD calls will be interactive and require your video device to be on.

RECORDING

The information and learning part of each session will be recorded and uploaded into the online portal each week, however POD calls will not. These are private and confidential.



Terms & Conditions

You can visit the full terms and conditions on my website or at this link

<https://clare-louise.com/legal-disclaimer-terms-and-conditions/>

When you sign up to this programme you commit to 16 weeks. There are no refunds or early terminations permitted. This does not affect your statutory rights as a consumer. You will be provided with the cost of the programme and method and timings of payments will be agreed before you sign up. Once initial payment has been made you will gain access to the programme.



Everyday you get to chose to get up and
make your dreams happen or to stay sleeping
with them instead

IT'S TIME TO RISE

