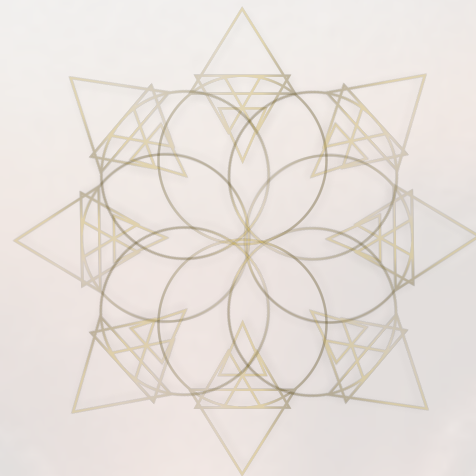


Creating Creativity

Creative Leadership For Authentic Creators





Welcome



Listening to that inner call for more can be both an exciting and daunting experience.

If you're here it's because you've made one of the best decisions you can make - to invest in your growth, reach your next level of creative genius and build a business with soul.

My aim during our time together is to create a safe space where you can be heard, where we listen, uncover, discover and explore that desire for more together and create the space within you to move forwards, with purpose, passion & a plan.

Whatever reason has brought you to *here*, however challenging or exciting, know that *here* is exactly where you are meant to be ... life is inviting you to look deeper and take those all important next steps with purpose.

clare louise

Creativity

Creativity is a yearning inside your soul; the life force and fabric of creation. You are a creative being by nature and the creative power that you hold is far greater than you realise - as great as any artist that has ever walked this earth, your creativity is endless.

Unlocking the creative power you hold brings greater joy and wonder into your life. Creativity is not restricted to art and music; it can be applied to every facet of your life- you work, recreation and relationships. All of these things will grow and transform in ways you never thought possible when you embrace the creative power of the universe that you hold within you.

Tony Carmine Salerno

Introduction

All that you need is within you.

The journey of discovery comes best when we step into it as a beginner, no matter what our experience in life. Leaving everything we have learnt behind, just for a moment, is both liberating and challenging. It allows us to see our world through new eyes, find a different perspective. It gives us the space to listen to our *self* deeper, letting our intuition come to the surface so we can see beyond our challenges, blocks and fears. It allows us to reconnect to our heart, evaluate, strip back what is no longer needed, making room for new growth.

Bring to each session an open heart and mind, your honesty and your truth, they are the tools that will help create greater steps to transformational change.

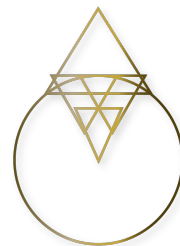
Discover The Magic Within

Philosophy

You are at the heart of your business and at the heart of your business is you -
your business can only go as far as the limitations of your own mind.

We've got to grow whose at the heart of the business for its potential to flow.

inspire. empower. create



A woman stands in a lush, green forest. She is wearing a large, white, fringed cloth draped over her shoulders, which she holds out to the sides. She is also wearing a decorative headpiece and a necklace. The word "Coaching" is written in a large, elegant, cursive script across the center of the image, with the 'C' being particularly large and stylized, partially overlapping the woman's figure.

Coaching

Expectations of coaching

Coaching is a relationship between you and me as your coach, you are the expert in your life and business, coaching helps you connect to *your* wisdom and take action to create what you really want

Coaching is 100% confidential and non judgemental, this flows both ways

Coaching is not therapy or counselling

Your focus may change during your sessions - as you connect deeper and listen to your wants and needs you may find your original goals may change, this is perfectly normal

Coaching is not all about the up's, you will experience many up's and downs during your coaching, again, this is perfectly normal, as is reaching a plateau. The down cycle is where we find the most growth

You decide what to cover in each session

What can you expect from me?

I'm known for being deep, for my intuition and dancing in the moment, for being serious and mischievous at the same time. I'm not great at small talk, I'm direct and curious. I'm comfortable in the silences and will hold a deep space for anyone who needs it. I'm not afraid of the dark, what frightens me more is never exploring it.

I love working through connection, with honesty, openness and authenticity.

Trust and integrity are important to me, as is fierce courage, challenge and growth. Yet I'm sensitive, heart based, soulful and love to find what lies beneath, to explore the spirit of all of who you are.

I believe in the power of you, even when you don't. I will champion you, share space with you and dream big with you, I will hold you to your dream and protect your passion. I will also keep your feet planted firmly on the ground and help create that plan of action with you, in a way that is right for you. Your dream matters, and I will hold that space for you with courage and celebration.

Coaching is my calling in life, it fills my soul and I am both passionate and committed to waking you up to all of who you are so you can make an impact doing what you love

What do I expect from you?

The best relationships are built on trust, in order for our relationship to be as rich as possible you need to be honest and open during your sessions, even if that means telling me that you can't be

You must to be willing to adopt a positive outlook on *self* and life, and look for solutions

You must to be ready to be fully accountable for your life, decisions and actions, even if that means not doing something you promised *yourself* you would do

You are responsible for your results. Success is directly related to the level of your commitment and the effort you make

A woman in a white Victorian-style dress and hat holding a parasol, standing next to a large piece of driftwood. The word "Structure" is written in a large, elegant, gold-colored script across the center of the image.

Structure

Sessions

First we need to establish dates and times for your sessions. If you haven't done so already please set your dates via my online calendar

The dates of at least the first three of your sessions are required to be scheduled before your first coaching session commences. Once the dates and times have been scheduled in my diary, please ensure you mark these times as a priority. At the end of each coaching session you will be reminded of your next appointment

All cancelations/request for reschedule must be made 48 hours prior to a session. Any requests after this time may result in the session being lost with no refund/reschedule available

To ensure you get the most from each session please ensure you are on time and 'ready' and that you have any requirements/actions from your last session with you

Remember, this is all about *you*, making *you* a priority is the first step.

Your sessions can take place in person or by telephone/zoom (if outside the UK) - Sessions are results based and generally last between 60-90 mins. However, I allow 2 hours for each session. Please let me know at the beginning of each session if you are limited to time.

After each session you will be asked for feedback from the session, this is part of our agreement with each other. It enables us both to track progress. You will also be asked to send updates of your action points, it is your responsibility to ensure this is done

You may be given work to complete in between sessions which may come in the form of journalling, visualisations or simply space to think

You are encouraged to share your thoughts in-between sessions via email and ask for additional support should you need it

If you have a question ... ask it. I may not know the answer but am always happy to explore finding those answers with you

Rule No. 1 : Nobody gets to be wrong or right



Don

What you will need

A new journal - during our time together you will be asked to reflect and journal. It's a great practice and helps deepen the experience and have your notes in one place during our time together

Headphones - if we are working together remotely (telephone/Zoom) then I recommend headphones. This ensures a deeper connection at all times during our call. However we are connecting, bluetooth headphones are best as there may be physical movement during our sessions

You time - be disciplined and make our time together a priority - you are investing in YOU. The more time you devote to you after our sessions to process and put into practice exercises or learnings, the more impactful our time together will be

Your truth - the greatest shifts come from being honest with both your *self* and me as your coach

There's no time like now

There's nothing like jumping straight in. Over the next couple of days I'd like you to complete a reflection document to outline where you are now in your life right now. Make it as long or as short as you feel is right for you. Once completed gift yourself some time to review what you've written and really think about where you would like your life to be. Write that down under goals and dreams, let these goals be as big as you can possibly imagine, let them scare you, challenge you and excite you, but most of all let them come from the truth of you ... what do you *really* want?

You are beautiful, strong, resilient,
courageous, warrior like and brave.

You are magical, wondrous, and
enlightening, and your life will never be the
same. For within you your power is rising

You have chosen to give it your name;

And as you move through this journey
together,

You will rise, and rise again.



Clare Louise Creative Coach
inspire. empower. create

Connect

I am here : inspiration@clare-louise.com

tele: (+44) 07899747953

inspiring passion empowering the soul

