

Experience the power & creative unleashing of The Artist's Way in your life!

Courses are happening in Cape Town & Hermanus run by a facilitator trained by author Mark Bryan. Join Us!

**Courses start
20 & 22 Jan 2023**
Cape Town & Hermanus
or via Zoom.



Discover and rekindle creative fires & deeper awareness of new possibilities in your personal and professional life!

Be part of our Artist's Way community (it's for everyone, not just artists!) for twelve, 2 hour sessions of intensive experience as we dig deeply into The Artist's Way and The Artist's Way at Work.

The next courses start on the 20th and 22nd of January 2023 and will take place over twelve, 2 hour sessions in Hermanus (Fridays) and Cape Town (Sundays), or you can attend via Zoom.

Option 1: Friday mornings at Volmoed Retreat Centre: 20 January - 5 May

Option 2: Sunday evenings in Cape Town: 22 January - 30 April.

Course fees are R2 475 and include a copy of the book. If you purchase a Kindle version of the book the course fee is R2100.

Course core concepts

- We are all creative.
- Increased creativity is a teachable, trackable process.
- All of us can become more creative than we already are, and this will make us happier, healthier, and more productive, and more authentic in everything we do.
- The business environment will increasingly reward those people who are able to be creative.

Millions of people have experienced The Artist's Way and The Artist's Way at Work as powerful tools to unlock creativity, reconnect deeply with self and others, make changes 'stick,' be more effective at work and clarify what you really want to be doing with your life.

What some participants have said

“I’ve attended many personal development courses over the past couple of years. The Artist’s Way at Work with Don has been the most powerful one, noticeably improving all aspects of my life.” **Jess S.**

“I’d completed the Artist’s Way courses a number of times on my own and found them to be extremely rewarding both in my development as an artist and personally. The added benefit of doing the AWAW course with a course leader in a group setting is the experience is richer, more supportive and engaging.” **Mary Visser**

Course summary

The course is a journey of discovery that uses elements from four of the books Julia Cameron and Mark Bryan collaborated on – The Artist’s Way, The Artist’s Way at Work, The Vein of Gold and Money Drunk/Money Sober: 90 Days to Financial Freedom – and using the methods Mark and Julia use when they run their courses.

Each week we do a range of the exercises from The Artist’s Way and The Artist’s Way at Work with a few from the other books. For those who fully engage in the course it is a deeply spiritual, reflective and transformative journey. The practices (Morning Pages, Creative Time Outs, Walks) and exercises are intended to help people reflect deeply on a range of life issues – with the major theme being re-discovering your authentic, creative self and figuring out some simple ways to try to express your creativity more regularly.

The “at Work’ part of the book and course helps people focus on what kind of work you want to be doing and what is preventing you from moving in that authentic direction. So career issues feature prominently for many people and for others it is more about the type of ‘work’ they want to do in their lives more broadly.

Near the end of the course people reflect on and discuss where they see themselves in 3-5 years if they follow the paths they are discovering during the course.

About the facilitator

Don was accredited as an Integral Coach through the Centre for Coaching at the University of Cape Town Graduate School of Business and is a member of COMENSA.

Artist’s Way at Work author Mark Bryan is one of Don’s mentors and accreditation to run Artist’s Way programmes came from him. Don taught Leadership and Organizational Development courses at the University of Illinois at Urbana-Champaign in the USA.

He has run courses in entrepreneurship and small business management for the Cape Town Regional Chamber of Commerce and Industry. He has done local and international consulting work in the fields of entrepreneurship development, business development services, social and ethical accounting and auditing, gender and social development in enterprise development programmes and BB-BEE opportunities for disabled people, among other work.

Don also understands how to help people achieve high performance through having played Division 1 university basketball in the USA, provincial basketball in SA and having coached basketball at the University of Cape Town and Pinelands High School.

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INTEGRATIVE ENNEAGRAM
ACCREDITED PRACTITIONER

Integral Life Coach, Artist's Way at Work Facilitator, CEFE Entrepreneurship Trainer, Coach and Technical Expert: Area Based Management & Local Economic Development at VPUU

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