

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

Courses are facilitated by Don Shay who was accredited by co-author Mark Bryan. Join Us!

Courses start 21 and 23 January 2024
In Pinelands (or Zoom) and Rondebosch



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 21st and 23rd of January 2024 and will take place over twelve, 2 hour sessions, with a Zoom option for the Coaches Course Sunday nights.

Artist's Way for Coaches: Sunday evenings, 5.00 - 7.00 pm in Pinelands: - 21st January - 22 April.

Artist's Way at Work: Tuesday evenings, 6.30 - 8.30 pm in Rondebosch United Church: - 23rd January - 23rd April.

(We skip 2 sessions in between in late March for School Holidays and Public Holidays)

Artist's Way for Coaches: Course fees are R4,600 and includes a copy of the AWAW book. If you purchase a Kindle version of the book the course fee is R4,200. Course fee for USA participants is USD\$360 and you need to source your own book (via Amazon or Kindle).

Artist's Way at Work: Course fees are R2,200 and include a copy of the AWAW book. If you purchase a Kindle version of the book the course fee is R1,800. This is a reduced rate for RUC members and some bursaries are available.

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

*The Artist's Way at Work is a journey of self-discovery, designed to wake you up on so many levels and in so many different arenas. It is magical, mysterious and miraculous and so much fun. Worth doing again and again in my life. Don Shay is a skilled, experienced and masterful facilitator of this work. His depth, creativity, care and ability to hold the space is a revelation. If you want to shake up your life and feel inspired, invigorated, awake and alive again, then this is for you. Best done in a group and I can't recommend Don's groups enough. ~ **Renate Landman – Coach and Facilitator***

*"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***

*Don is an excellent facilitator to assist those experiencing or contemplating change in their lives. He conveys the philosophy and the process of the course with aplomb. **R.A.***

*Don's facilitation of the Artist's Way at Work was truly a gift. His ability to hold space while we contemplate and remember our essence, as well as helping us find new approaches to life, develop our potential, and unleash our creativity, was both encouraging and admirable. Rekindling forgotten dreams and envision a magical creative future came at the perfect time for us. **E.A.***

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.

Artist’s Way for Coaches will spend more time reflecting on and discussing coaching practices and introducing some coaching resources.

About the facilitator

Don was certified as an Integral Coach (PCC) 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 co-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. An avid unicyclist and djembe drum circle facilitator, Don encourages people to explore their boundaries and willingness to take risks, as well as see how to connect deeply in an Artist’s Way community.

For more information contact:

Don Shay

donshay@mweb.co.za

+27 (0)72 160-0277



INTEGRATIVE ENNEAGRAM
ACCREDITED PRACTITIONER

Certified Integral Coach ® (CfC), Artist’s Way Facilitator,
CEFE Entrepreneurship Trainer, Coach and Technical Expert: Area Based
Management & Local Economic Development at VPUU
www.vpuu.org.za