

## Welcome!

This Welcome Packet provides important information to help you understand how Creativity Coaching works. Please read the policies and procedures and fill in the client profile sheet. When you are done with this first step, please scan and send the completed documents to me at my email address ([cynciew@me.com](mailto:cynciew@me.com)). Our initial session will include a review of the policies and any questions you might have.

I am excited and honored to be working together with you to empower your creativity!

My best,



*Cyncie Winter, MH, MA, LPC*  
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***Creativity Coaching for Personal Empowerment***  
***Cyncie Winter, MH, MA, LPC***



## **Greetings!**

I am a professional artist, a creativity coach, and a Licensed Professional Counselor in private practice. I am also a faculty member of the Therapeutic Writing Institute where I teach online courses on the creative process. In 2011, I began studying Creativity Coaching with [Eric Maisel](#) as an adjunct to my therapy practice. Eric is a psychotherapist, professor, and prolific author, who teaches creativity coaching, deep writing workshops, and Life-Purpose Boot Camps at an international level. Later, I began to teach [Jill Badonsky](#)'s methods for empowering creativity, drawing upon her book *The Muse Is In*. Jill is also an internationally-recognized workshop leader, keynote speaker, creativity coaching pioneer, illustrator, and humorist, as well as the founder and director of Kaizen-Muse Creativity Coaching. I decided to pursue these studies for two reasons:

1. to empower clients who are working to create new directions and new visions in their lives; and also
2. to support artists in their expression and careers.

Please read the information below to help you understand how creativity coaching works.

## What Creativity Coaching Can Do

- Provide strong and valid support as we work to empower your creative process
- Work with common creative issues such as time management, perfectionism, resistance and rebellion, fear, overwhelm, ruthless self-talk, self-sabotage, procrastination.
- Incorporate strategies from a bank of established creativity coaching tools
- Help you navigate the challenging stages of the creative process
- Anticipate and manage the natural anxieties that may arise from engaging with life at a creative level

## How Creativity Coaching Works

- We will discuss your needs in a free initial phone consultation and decide how often you would like to work--weekly, monthly, long-term, through one-on-one sessions, or Skype/FaceTime consultation. We will determine what issues you would like to address through our work together.
- Look over the Client Profile Sheet. Fill in the required information, and the form will automatically be sent to me in encrypted form, which will protect your confidentiality.
- Also read the Creativity Coaching Session Policies and Ground Rules sheet, and let me know if you have any questions. Fill in the information, scan it and send it to me.
- I will also send you a form created by Jill Badonsky—my creativity coaching teacher—called the KMCC Information Gathering Tool. It will help you identify specific challenges and blocks that will also help clarify your goals. Please scan that and send it to me also.

I am looking forward to working with you!



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