

Cost:

\$ 285 per person plus HST for 2 days
Payment is due upon registration. Payment can be made by PayPal online at www.CarlaWeaver.ca or by cheque or money order payable to Carla Weaver Empower – Inspire – Create Ltd.

Pay online using PayPal at www.CarlaWeaver.ca

(A full refund will be made for cancellations up to 15 business days prior to the workshop. Any cancellations between 5 and 15 days prior to the workshop will receive a 50% refund. There will be no refunds for cancellations within 5 business days of the workshop.)

To Register:

Email: cweaverconsultant@yahoo.ca

Or online at www.CarlaWeaver.ca

Phone: (604) 535-7507

expression in thought, word, movement, problem solving, having fun as well as those vehicles of expression generally associated with creativity. With your workshop, you have expanded my awareness of creativity, thereby enriching my work."

Gerry Wright, Artist

Express Your Creative Spirit Workshop



DATES TBA, 10 a.m. to 4 p.m.
Location TBA

www.CarlaWeaver.com

10% Discount for early registration

"Thank you for your "Expressing Your Creative Spirit Workshop." I found that creativity is more than the occasional idea for a painting, poem or carving. Creativity is a process of mindfulness, finding

The Workshop:

The workshop is intended for anyone who wants to be more creative in all that they do. The ability to think outside of the box and to innovate and create is a sought after skill in today's workplace with its focus on innovation and the competitive nature of getting and retaining good jobs. This skill is not only useful at work but also in everything we do from parenting to gardening to writing. The workshop is designed for adults from all walks of life.

All of us are creative. We can apply our creative gifts in any area of our lives ... business, art, relationships and family, science, government or nature. In order to allow this creativity to happen, we need to get out of the way and listen to our inner creative spirits – to suspend our negative thinking, self-judgment, and the judgment of others. Through a combination of lectures, hands-on writing and art exercises, meditations, and discussions, the "Creative Spirit" workshop will cover the following:

- What is creativity?
- The creative process
- Becoming open and willing to create
- Defining your personal creative goals
- Putting your creativity into action

The Facilitator:

Dr. Carla Weaver, who has spent her life in pursuit of her own creativity, facilitates the workshop. She has followed this path through a combination of formal education, work experience, painting, spiritual practice and research. She has a Bachelor of Arts in Fine Art, a Bachelor of Commerce in Marketing and Management, a Master of Arts in Interdisciplinary Studies, a Master of Science in Psychology at Work, and a Doctorate in Clinical Psychology. She has 30 years of experience in the business and education world,

where she has taught business and professional training courses related to marketing, leadership, management, teamwork and project management, as well as applying these disciplines to various projects. Carla applies her creativity to her training and also to her visual art. She is a painter, and is a member of the South Delta Artists' Guild, Delta Arts Council, Surrey Arts Council and the Federation of Canadian Artists. Her thesis to complete her MSc was on the topic *An Interdisciplinary Approach to Creativity*.

Who Should Attend?



Anyone who would like to express more creativity in his or her life. Past attendees have been writers, artists, health care workers, business and government employees and managers, retired persons, mothers, fathers, grandmothers, homemakers, fishermen, environmentalists.

Following, are some comments from previous attendees:

"I was so entirely embroiled in my busy life - painting, networking, volunteering and so on - that taking a whole weekend to explore my creativity seemed way too much and, were it not for a promise I made to a friend, I would not have given myself permission to participate in the Creativity Workshop with Carla

Weaver. I am so very glad that I did. The interaction and acceptance from the others, the chance to pause and think about my focus in life and the calm, easy way the sessions were facilitated made it not just worthwhile, but essential. I took a long, hard look at where I am today, and made healthy changes that were long overdue. Thank you, Carla."

Marilyn Timms, Painter, Teacher, Gallery Owner

"I thoroughly enjoyed the workshop. You did a great job of putting it together. I was thinking about what you said about creating something at the workshop. I count 3 things that I created: a painting, a collage and a box. I treasure them all. I started my book today and am thinking of using my special box for book ideas as they come up. "

Wendy Kotilla, Writer & Environmentalist

"It's been one week since taking your creativity workshop, and I feel an amazing change inside. I am no longer fearful about expressing my creativity! Rather, I feel calmness and a certainty that I am on the right path. Thanks to your workshop, I am currently writing my personal credo, defining my creativity goals, taking other art workshops and I feel energized and focused. What wonderful gifts! During the workshop you created a safe and non-judgmental environment that freed us to take risks in expressing our fears and hopes and dreams. You guided us with humility, spirituality, humor and a caring spirit. Please continue to give your workshop, Carla. It is badly needed in our world today."

*Dell Spencer, Retired Manager (Federal Government),
Writer, Painter, Photographer*