

Details, Details, Details

Some people are “give it to me quick and dirty” kinds of people, while other people are “let me sit with this and review it carefully several times” types of people.

My website, www.yourcourageouslife.com, gives you the “quick and dirty” basics on who I am, what I’m about, and how I work.

This document is something that the “I want to review carefully” people would like. It answers your questions about the downloadable e-book course, *ACROSS MEDIUMS*.

FAQ

1.) How much time does the course take?

As long as you want it to. Thirty lessons will be included in this booklet, plus some videos with instruction and some videos that discuss topics tangentially related to art-making (“What do I do with the resistance to sitting down and doing this???”), as well as interviews with other practicing artists. The idea is to dive in for just 20 minutes a day (though of course if you want to do more, that’s fine). This is an integral part of letting go of that old Story that art-making is only for professionals, only for people who went to art school, or only for people who have a lot of time and a lot of money. Even the materials are simple.

2.) What do the exercises cover? The exercises span across several artistic mediums—sketching, painting, 3-D, photography, writing. I won’t reveal a lot of specifics, because the element of surprise is actually an essential component to the experimentation that we’ll be playing with. However, there will be a theme offered to orient your work.

3.) Will we be critiqued or offered art instruction? There are no critiques. The videos will have guidance in terms of how you could lay out what you’re doing, but there won’t be instruction in specific art techniques. The series of challenges will be designed to stretch you creatively using tools and techniques that anyone can do, not just the people who went to art school.

5.) What's included?

* The Across Mediums book, in digital format -- with **thirty** sassy-yet-simple exercises to get you inspired, break you out of a creative rut, and get your hands moving across several different artistic mediums.

* A downloadable journal to document your process along the way.

* **Thirty-one videos** related to either the day's lesson or a topic related to art and creativity such as "How do I deal with my inner critic?"

* License-free images that you can download and print and then include in your artwork

* A Resource guide pointing you to places where you can get inspired, learn more about a particular concept, or buff up your library collection

* An opportunity to sign up for continued monthly artist prompts, delivered right to your inbox

* **Unlimited updates**--whenever I add an interview, exercise, or other perk to the course, you get to download it, too!

* For Pre-Orders (ordered before July 15th): a **free** half-hour coaching session * For orders after July 15th: An opportunity to add in a discounted coaching session with me to complement what you do with the course

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6.) What's the cost? The cost is only \$50.

7.) What materials will I need to take the course? I made the course very, very affordable because I wanted people to be able to participate and spend money on the specific materials needed for the course. Some people will have all of these materials already, while others will need to make a trip to the art store (materials are not available for purchase through me). Required materials include: a computer with internet access; any brand of working digital camera OR any brand of working film camera + scanner; two large (24 x 36 ") sheets of 140-lb paper (the heavy weight is necessary); pens/pencils of your choice; elmer's glue or rubber cement; white acrylic paint; a flat paint-brush, between 1"-2" wide; a sketchbook (preferably one that is not too fancy--one that you already own that is unfinished is even better); a 2oz block of polymer clay OR a little can of Play-Doh. Recommended, but not required: crayola crayons, paint pens, colored pencils, charcoal pencils, colored/patterned papers, vintage photos, labels, ephemera, stickers, stamps, Micron #8 pen in black, watercolors, acrylic paint in the colors of your choice (no oils for this course), buttons, thread, yarn, any fun bits. **Please note: I don't sell the materials to students and they are not included in the \$50 registration fee for the course.**

8.) How do I sign up? Via the registration page on the website.
<http://www.yourcourageouslife.com/ecourse/creativity-course.html>

9.) What's your artistic background? You can learn about my coaching background over at the website's about page (www.yourcourageouslife.com/about.html), but to learn about my artistic background, keep reading. I've been involved in some form of creative expression since the age of two or three, though I abandoned creative work after hearing one too many messages about how it wasn't "practical" to be an artist. Fast-forward to college, when I first learned about The Artist's Way, completed all 12 weeks, and a whole new world of permission opened up for me around painting. Yet--yet--I saw what other people were doing on their blogs and websites and felt really stifled by the comparisons. I plodded ahead anyway, submitted my work to a local gallery and--to my amazement--it sold! I began selling my work online and through solo shows at local businesses and coffee houses. Over time, I realized that while I loved the creative process, marketing my work, creating lots of work at once for shows, and finding storage for that work and physically hanging shows was not for me. I wasn't sure how creativity would fit into my life, until I came across the work of Joseph Cornell, which I explain in this entry. I began working through a process I called Across Mediums on my own, and aside from being fun, it was total permission. Now I look forward to the opportunity to sharing it all with YOU!

10.) What's the refund policy? When we're stepping into doing something new, all kinds of reasons can surface for why it's suddenly not a good idea to commit to ourselves or our dreams. Fully expect to jump in for fourteen days and see what happens, and to embrace and work through the resistance as the point of the course, while being totally supported by myself as you do that. Refunds are not offered for the e-book.