



ANGELI STUDIOS

8 Steps to Creative Freedom
12 week 1:1 and group programme

By Caterina Monaco

8 Steps to Creative Freedom

12-week 1:1 and group programme

- Refresh your mindset and sense of personal identity
- Improve your creativity, problem-solving, and sense of what's possible
- Access your intuition and audacity vs. your thinking, analytical mind

Feeling trapped, under-used or disconnected? Another way of being is possible.

Caught in old routines, or putting up with too many things you don't enjoy? Not living to your full potential creates a stress all of its own -like feelings of regret, or that time's running out. If you're feeling bored or boxed in, grieving, burnt out or stuck, there is another way to live.

When did your hands last shape the glorious messiness of life?

How long has it been since you last experienced true magic in your life? Do you remember when you were filled with awe, and excited at the possibilities that life had to offer? How long since you made your own rules, dreamed a bigger dream, and felt the Universe responding?

Finding your own creative source is the key to shift:

Your mindset, and the stories you hold about your creative potential

Your relationship with your body, and the somatic impacts you have absorbed

Your impact in the world, and the way you live, love, and enjoy your life.

You might be:

- Numbing yourself, with too much Netflix, caffeine, or even exercise and meditation?
- Pushing too hard to build a social life that fills the gaps?
- Suffering a role or job description that's hemming you in?

The next chapter of your life is not defined by this one.

Everything changes with the right support, and a proven process. Our experience shows that over 3 months with the right support you can completely re-write the story of what you are capable of.

Creative Confidence

There's a river of generative power inside you.

It's already there - innate, built-in. But when life, family conditionings, work commitments etc get in the way, you lose the chance to find it, and enjoy its nurturing power. When you do, opportunities open up, and synchronicity and a sense of being in the flow fill every fibre of your being.

And you are ALIVE. Like never before.

When you get to your own creative source, something is activated inside. But it's an active process. You can't do it with your mind. You can't just meditate on it. You can't make it up. You need to get to the source. Your own, intimate source of Creativity.

Creative Transformation

A unique blend of approaches

The techniques and frameworks we use come from a range of approaches, including:-

- Sensorimotor Techniques (movement, breath, nervous system),
- Story Telling (the stories held by your internal voices - or "parts of self")
- Therapeutic writing (exploring the words and meanings that matter to you)
- Art Therapy (Drawing, painting, collage, sculpting, making)
- Body Care (Supporting the healing process with Aromatherapy and self massage)
- Thoughtless Awareness Meditation and clearing techniques using 5 elements

Taken together, they allow you to re-shape the story of what life has in store for you.



Caterina Monaco

Angeli Studios

Founder and Creativity Coach

I love empowering people to find their own powers, their creativity, their path.

8 Steps to Creative Freedom is the culmination of many years of practice, and includes elements from my own journey, as well as other world leading approaches.

- As a former journalist, I run therapeutic writing workshops, which help reveal the hidden parts of ourselves, and hidden pathways forwards.
- As a painter and artist, I have discovered Somatic Drawing to unlock the feelings behind our thoughts and actions.
- And I am one of a small cadre of certified Body Mapping practitioners worldwide, which uses colour, shape and texture to unlock self-reflection, and creative integration.

I have taught and practiced meditation for over 25 years. I have led school groups, women's groups, and mixed gender workshops on Julia Cameron's "The Artists Way". And I have guided many trauma survivors to find their own Courage to Heal.

My journey has gifted me 3 things:

1. **A deep understanding of creativity as a multifaceted, innate and transforming force**
2. **Sensitivity to recognise each individual's obstacles and fears around creativity**
3. **How to activate and nurture multiple routes to creative expression**

I've helped hundreds of people from all over the world, in multiple settings, and from very diverse background, to access creativity as an inner source of power.

If you have the courage and curiosity to venture inside, I'd love to accompany you on your own journey of Creative Discovery

"You helped me explore the most essential parts of myself in such a safe, caring and trusted environment. The change in my life over the last 3 months has been phenomenal"

Francesca, Teacher and Trainer

12 Core Benefits of Creative Freedom

- **Insight and clarity** about yourself, your current thinking and behaviour patterns
- **Greater creativity**, flexibility and problem-solving ability
- **An expanded sense of possibility** and refreshed self identity
- **Acknowledging and overcoming** the stories and dramas that no longer serve you
- **Deeper connection** to your intuition and felt sense
- **Improved self-esteem** and connection to drivers of fulfilment and meaning.
- **Grounding**, satisfaction and pleasure in being alive
- **Improved connection** to your body and emotions
- **More rewarding relationships**, underpinned by better self-knowledge and compassion
- **Improved sleep**, focus and energy levels, via autonomous nervous system regulation
- **Greater confidence** in your ability to handle life, and thrive under pressure
- **A set of tools** and approaches that will serve you over the long term / forever after

The 8 steps process to Creative Freedom

1. **Stepping in:** book your 1:1 call and download the Creative Living Questionnaire
2. **Taking stock:** filters, obstacles, the shadow, inner resources
3. **The journey ahead:** facing fears, finding personal themes
4. **The power of touch:** 5 elements, materials, the body
5. **Escaping auto-pilot:** managing memories and emotions
6. **Finding creative flow:** intuition and spontaneity
7. **Coming in to blossom:** daily creative practice and living
8. **Stepping out:** a New Vision and Resources for Life

How it works

I walk alongside you step by step through a 12-week Creative development journey. The core of the programme is 100% individual to you: what uniquely you put in, the more you discover and are able to put into practice to blossom in your creative potential.



1:1 Creative Launch Call

On our first call, we map out the road ahead, based on your responses to the Creative Living Questionnaire. This call is to fully explore your unique strengths and situation, and begin to unpack areas of focus, challenge and opportunity ahead. There is no time limit to this call and it usually lasts between 75 to 120 minutes.

x12 Weekly Pod zoom calls

These weekly calls give rhythm and sustenance to the whole process, via reflection, sharing and exploring new tools with your peer support group. Lasting 60 to 95 minutes, depending on group size, these calls can easily become the highlight of your whole week!

x12 Creative Action Steps Homework

Each week, tailored personal homework helps you manifest more deeply your own unique brand of Creativity. There's no one size fits all, as creative action literally stems from your lived experience, and personal process. Creative Action may range from Guided Journaling, to painting to Courageous Conversations - like you, the possibilities are infinite.

24/7 WhatsApp

We all get stuck at some point. My commitment to you is that I will put in at least as much as you do. I will guide you gently, cheer for you and push you as intensely as you'll let me. You can also reach me via voice message to support you, or act as your guide or sounding board. You'll have unlimited 24/7 access to me via WhatsApp for the whole duration of the course. Use it when you need it.

Support

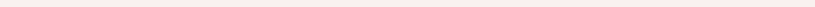
Holding yourself accountable to someone increases your chances of achieving what you set out to do by 80%. This is a big part of your journey as it will ensure you stay on track to achieving the breakthroughs your heart has desired for a long time.

Global Community

Sometimes those we meet “by chance” become deeply cherished friends for life. Whether it’s the deep nature of the work, the fun during our weekly sessions, or the intimate sharing that occurs on our in-person retreats - all help foster a judgment-free environment to truly experiment with ourselves and our relationship with others.

Final Flourish - 1:1 Creative Integration and Self Contracting close-out call

Priority booking and 10% off in-person Angeli Studios events all over the world





ANGELI STUDIOS

What people say

"I was exhausted, both physically and emotionally. I gained totally new perspectives not only on my goals, but on who I actually am."

Ali, Mother and Small Business Owner

"Caterina's mentorship has been invaluable. She's got so many ways and tools up her sleeve to meet you just where you need to be met."

Susan, Pilates Instructor

"Bring an open mind, and be prepared for your own rollercoaster of a journey. It could be the most important of your life."

James, Business Coach

"You gave us essential tools we didn't even know we needed - for introspection, for insight, and for action."

Zara, Police Inspector

"Working with Caterina has completely redefined the way I work, live and love."

Jo, Senior Civil Servant

"Go ahead and do it! This is such an opportunity to journey inside yourself, and uncover so much that is hidden."

Laxmi, Engineering Manager

"You will find in Caterina an inspiring guide, full of warmth and intuition. She will support you, challenge you, and root for you. Creative Freedom is a one-of-a-kind journey - 100% worth it in every sense."

Catherine, Scuba Diver and Horsewoman

What they have achieved



I'm so proud of all my wonderful students. Here are just some of the amazing practical results they've achieved.



Powerless and flat to moving house and publishing a first volume of poetry

Retired manager starting her own creative courses for children in her 60s

Learned dress design and launched a pop-up collection

Depressed and overweight to the best shape of his life in 6 months

From lonely "me too" victim to empowered Women's rights campaigner

Dry and stuck aspiring Artist to Diploma student with distinction

Disengaged employee to a part-time new job and solopreneur business

Burnt-out Executive to fear-free Father and Husband

Low libido and failing marriage to best sex of her life (!) in 3 months

Your Creative Journey to Freedom

Investment

Group Course: £959

Payment Options

1st payment of £95, then 1 payment of £804 (£60 discount)

or

1st payment of £95, then 3 payments of £288

Individual course: £1241

Payments Options

1st payment of £95, then 1 payment of £1050 (£96 discount)

or

1st payment of £95, then 3 payments of £382

Please note: you will also need to buy some art materials, costing approx. £50

You'll get the full list at the beginning of the course.

ANGEL

However wild, or underdeveloped, your creative self may feel, you will be welcomed. Whatever you bring, you will be gently and safely held.

Q and As



Q: Is this a course, a coaching programme, or something else?

A: Neither. It's a process, and an individual journey. I'm here to walk alongside you as you discover and blossom into your own unique creative potential.

Q: With so many books on creativity, and self-discovery and potential, what's different about this course?

A: Whoever we are, and wherever we come from, we are always asked to somehow fit in. This course encourages you to find and express your own uniqueness, to connect with it and express it in your own unique way.

Q: What if I commit to the programme, but can't find my creativity?

A: If you're prepared to trust the process, and are ready to challenge your imitations, then in our experience, if you can't find your own creativity, it will come and find you!

Q: Do I have to join a pod?

A: No. You can also go through the entire process 1:1 with me. We'll review your situation on the initial Creative Roadmap Call, so you can choose what's best for you.

Q: Can I get reimbursed by my employer for all or part of the fees?

A: Becoming more creative at work is a big win for your employers, and we provide several ways to help you get reimbursed from L&D training budgets.

Q: Are your courses officially recognised / accredited?

A: Yes, all our courses and coaching are recognised by the British Complementary Medicine Association, and the Healer Foundation.

Q: How much time will it take each week, extra to the pod calls?

A: Expect around 20min/ day journaling, plus as much additional creative challenge as you wish to stretch for. We'll agree this on our Creative Launch Call and will review weekly.

Q: What will I actually produce?

A: Whether you're an established artist or writer, or haven't drawn since your hands were small, you'll be producing many different "pieces" - each one an integral part of your own journey of self discovery, and a witness to your creative transformation.

**If you have a compelling question that makes or breaks it for you,
you can reach out on my WhatsApp +39 3331624218**



Have You Booked Your Creative Launch Call?

Transforming the role creativity plays in your life can seem like an impossible or idealised task. After all, don't we just have to get on with life as it is?

NO! Because "creativity" isn't about becoming a painter, or a musician.

It's experiencing the INSIGHTS to change your capacity for CREATIVE ACTION in the unique context of your life - from your home environment and relationships to your work. Together, they can transform the quality of your life and your IMPACT on the world.

8 Steps to Creative Freedom removes the guesswork, for you to achieve - and over-achieve - your goals as fast and surely as possible.

If you have not yet booked a 1:1 Creative Launch Call, [click here](#) to book your 90-120 min. zoom call

The Creative Launch is to ignite your journey. Here's what you get:

Once you book and pay, you will access the Creative Living Questionnaire, which holds up a mirror to your current experience, as the basis for our call.

- 90-120 minutes practical 1:1 coaching
- Explore and understand the unique way I can work with you
- Give your fledgling creative self the experience of being safely held
- Lay the foundations for your 8 Steps to Creative Freedom

'Be really whole and all things will come to you'

Lao-Tzu

FINAL THOUGHTS

Finding Creative Freedom can seem impossible - but is 100% achievable with the right support.

If life is not delivering what you somehow feel it could, if you're seeking something, and you're not even sure what
- **your unattended Creative Self may be calling.**

Ready to confront yourself, and make yourself whole?
Prepare to allow the wonderfully unexpected into your life.

To start your journey, [click below](#) to book your 1:1 Creative Launch Call.

[Book Call](#)

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