



## Creativity Coaching for yoga teachers, massage therapists & healing arts professionals

### Gaining clarity and preparing for growth

Bringing yoga and other healing arts into people's lives is an amazing gift. And once you've chosen to follow this calling, you may wonder what's next. Finding where and how these powerful practices fit into your existing life, other passions and careers is a process of discovery. Whether you engage in your practice as a side job, make it a full-time career or would like to grow your existing practice in new directions, creativity coaching provides compassionate, nurturing and playful ways to help you gain clarity and confidence as you move through this transition. So you can build the practice of your dreams.

#### **Creativity coaching packages for yoga teachers & healing arts professionals**

##### **Creative transition coaching -**

*helps individuals move through the issues that come up during times of transition, including procrastination, feeling overwhelmed, resistance and self-doubt*

- Gain clarity around dreams and goals
- Gently create positive shifts in thinking and new habits needed for success
- Learn how to use small steps and other simple tools to handle change effectively
- Reignite creative passions, increasing motivation and confidence

##### **Creative small business coaching -**

*provides yoga teachers and healing arts professionals with additional support to plan, visualize and grow their businesses*

- Design the type of practice you'd like to build
- Learn how to attract your perfect clients
- Identify key marketing and communication strategies
- Create daily actions that keep you excited and moving forward

#### **About rita farin**

Rita Farin is a twenty-year marketing professional and entrepreneur who chose to become a full-time writer, artist and certified creativity coach. Through her interactive workshops, one-on-one coaching sessions and written articles, Rita helps individuals unleash their imaginations to create new realities and corporations foster creativity in the workplace to improve business productivity. She practices *Svaroopa*<sup>®</sup> yoga every day and plans to complete *Foundations* and *Embodiment*<sup>®</sup> yoga therapy training in 2009. She intends to combine coaching and yoga therapy to better support her clients through their transformative journeys—in mind, body and spirit.

