



CreativeWell CONSULTING

FREQUENTLY ASKED QUESTIONS CREATIVWELL CONSULTING

DO MY PEOPLE HAVE TO BE CREATIVE OR GOOD AT ART?

No. It is not about being a 'good artist'. At CreativeWell all processes are designed to support a spirit of exploration and discovery. Because we are using art making and symbolism, your people will tap a different part of their brain and awareness than their 'every day' mind. People are surprised with new insight through their art making. They frequently say, 'I wasn't expecting this, and it feels right' or "Humm....I didn't realize (x), now I can make a different choice.'

DO MY PEOPLE NEED TO LOVE TO DANCE TO GET BENEFIT?

No. They don't have to love or 'know how' to dance. We simply invite them to take a little step out of their comfort zone. This is where Dr. Shannon's expertise really supports your people to take a healthy and 'safe' risk to move their body. Most often, when they get moving, they feel more alive and free, easily connecting with themselves and each other. They enjoy themselves and even better, their brain opens to new learning without them even knowing it.

BESIDES BEING FUN, WHAT DOES THIS REALLY DO FOR MY PEOPLE?

By activating the imagination and moving the body - related to your specific objective - we bring your people's whole brain-body into the learning experience. The work calms the nervous system and taps Creative Mind where inspiration and real learning happens. With safety and permission to explore and discover, your people can really renew, get inspired and learn. The CreativeWell experience increases their perception of possibilities, sparks new awareness/ideas and cultivates confidence in your people. Benefits you will see in their work, well being and retention.

WHAT IF WE NEED A COMPREHENSIVE STRATEGY?

Not a problem. CreativeWell can design experiences to support your strategic plan. Or, we can help you identify key areas to target through customized, anonymous surveys, data collection, administration and analysis. Then let the results guide us to customize training to address your real needs. CreativeWell Consulting has expertise and mastery with customization for your growth, inspiration and renewal.

HOW DO YOU DEAL WITH RESISTANCE IN PARTICIPANTS?

Most often, if there is resistance, it is just a small handful of people. We discuss stepping outside one's comfort zone as an intentional choice and growth strategy. We discuss risk tolerance as related to business and professional stretches. Additionally, Dr. Shannon shares research to support movement and imagination as brain building, perception expanding power tools. Ultimately, each participant is supported and allowed to be where they are. With her 25 years of experience, Dr. Shannon can shift on a dime and adjust to your group. CreativeWell Consulting believes resistance is a natural part of the process, it is to both be respected and nudged.

WHAT KINDS OF RESULTS DOES THIS WORK GET?

Leaders report their people have a fresh, shared common language related to their objective. New perspective, insights and ideas grow from the CreativeWell experience. Risk tolerance and willingness to step outside one's comfort zone is more valued. Participants report feeling more confident, more authentic and more personal power. They report feeling more connected to self and others which contributes to job satisfaction. They have more clarity and courage to follow their inspiration. They report more peace and calm in their body, emotions and thoughts. They report more joy, happiness and mastery in daily life.



SHANNON SIMONELLI PH.D., ATR, founder and lead facilitator, is excited to make your next training or event a fun, dynamic and unparalleled success. You get a fresh, engaging and transformative experience when you choose this expert. www.CreativeWellConsulting.com
(385) 202-6477, DrShannon@CreativeWellConsulting.com