



Creativity & Entrepreneurship: Bringing Whole Self Expression Into Your Business

Speaking Event for July 12, 2022 NEW of Marin at Left Bank Brasserie in Larkspur, CA
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Creativity, for you, is like what? I invite you to take a moment right now to really inquire into the ideas, stories, information, and things that you've been told about what creativity is. And also what you've learned that creativity is not. Then take another moment to ask yourself what entrepreneurship, or business, is like for you.

We all have preconceived ideas and stories that we tell ourselves which allow us to live our lives. Some result in wonderful outcomes. . .some not so much. In business, sometimes we might have to go along with what benefits others, even when we may not agree with or believe in it. By taking the time to inquire into what our own experience is, it can have the effect of empowering, validating, and connecting us with all the parts of ourselves that want and need expression.

I've found that what that offers us is whole self expression. And, in my experience, there is no role that asks you to bring your whole self expression and creativity in more meaningful and satisfying ways than being in business.

OUTCOMES FROM THIS TALK:

- Explore and reflect on how you currently express yourself in business
- Learn new ways of defining what creativity means for you
- See your creative power and inner wisdom reveal itself personally and professionally





"Life is going to present to you a series of transformations...the point of education should be to transform you. To teach you how to be transformed so you can ride the waves as they come."

JUNOT DÍAZ



Creative Inquiry

An approach or "attitude" which uses self-inquiry and self-reflection as the basis for the creative process, and makes connections between seemingly paradoxical ideas and traditions.

What I see as the most important aspects of using a creative inquiry approach, especially in business, are:

- Bridging any paradoxes between the idea of "the artist" or "the creator" and business and entrepreneurship
- The creative process is opening and expanding. It increases and allows for more: more experiences, more voices, more parts of the self to come into your business and work place rather than constricting, suppressing, feeling a need to hide or be smaller in those spaces.
- It can be transformative and empowering being able to bring more of yourself, feel more of yourself, and be in community with others doing the same thing. The changes and shifts in thinking that occur is why it's also sometimes called transformative inquiry instead of creative inquiry.



Exploring Your Business Self

CONSIDER YOUR ANSWERS TO THE FOLLOWING:

When you are at your best in your business, you are like what?

And is there anything else about you when you are at your best in your business?

Does that have a shape, a size, or a color?

Can you give that a gesture or a repetitive movement with your body?





Continuing Exploration



HERE ARE SOME PROMPTS TO KEEP YOU CONNECTED TO GROWING YOUR BUSINESS SELF.

EXPAND YOUR SHAPE OR GESTURE

- Repeat the shape or gesture you came to (or a new one) until it shifts or changes into another shape.
- Keep repeating these shapes that come through you as many times until you feel complete.

CREATE AN OBJECT INSTALLATION OR DRAWING OR PAINTING

- Express your business self creatively and artistically.
- Use physical objects or any arts medium of your choice to represent these aspects of yourself for you.

JOURNAL REFLECTIONS OR WRITE A CREATIVE POEM OR DIALOGUE

- Express your business self through writing and self-reflection.
- You can capture any dialogues or conversations coming between this part of yourself and other roles you have as well.

KEEP CHECKING IN WITH YOURSELF

- Continue to meditate, visualize or go through the brief exercise questions we did to check-in with yourself over time.
- Notice if your business self imagery changes, deepens, or grows.



Kelsay is a #1 Amazon bestselling author, a professional artist, an expressive arts coach and a registered somatic movement educator with the International Somatic Movement Education and Therapy Association. She is passionate about trauma healing and restoring connection to ancestral roots and wisdom for a fuller sense of self and creative expression. She is also working on a Ph.D on creativity and transformative inquiry at California Institute of Integral Studies.

Combining a background in professional and expressive art, creative writing, literary theory, performance, psychology research, existentialist philosophy, integrative somatic trauma therapy, coaching facilitation and teaching using arts-based research, she includes a wide range of knowledge and experiences in her coaching programs and course offerings through her business, Dialogical Persona Healing Arts, LLC. The mission of her work is to hold space for the full expression of a living, vibrant and multifaceted self through the embodied arts.

ABOUT KELSAY ELIZABETH MYERS

