



Marketing ♦ Publishing ♦ Creating
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I Can Fly! Art Connections

workshops for families and adults

Sarah Gish, owner of Gish Creative -- a personal, family and business enrichment company (www.gishcreative.com) -- presents workshops that guide adults or children in finding their passion and path in life. It is Sarah's belief that anyone can "fly" and that finding one's passion will bring infinite more joy and success into lives.

Each "art connection" contains a structured educational portion as well as an art project resulting in a take-away item. Art is used because it focuses the mind and accesses the right brain and its primitive limbic system and is a way to reach the intuitive part of ourselves. Creativity can often surprise us by sneaking in answers to our soul's questions.

Family Art Connections:

These workshops are a great opportunity for parents to connect with their child (or children) in a unique way: by learning what makes them sing and by creating a take-home work of art together. In an interactive environment, parents will spend time learning how to encourage their children to follow their heart. At the same time but separately, children will be talking about their dreams and interests. When the groups are united, the children will be encouraged to speak up about what makes their hearts sing while the adults listen. Group photos of each family will be taken, which will be incorporated into a piece of art the family creates together using a full supply of art materials.

These workshops are presented on a regular basis at Body Mind & Soul and Danny Clark Photography.

Adult Art Connections:

The "I Can Fly! Adult Art Connections" are presented in a three-part series; each part is a stand-alone workshop as well.

- **PART ONE: Sifting Through the Noise**
 Participants will learn media literacy tools so that they can sift through the bombardment of advertising and "noise" in our culture to uncover who they are and what they want to be. Personal style is discussed as an outgrowth of clarifying media messages.
- **PART TWO: State Your Mission**
 Everyone has their unique story and this workshop addresses ways to discover it and express it. Specific guidance will be given on creating a personal mission statement.
- **PART THREE: You've Got to Visualize!**
 Making dreams come true is a "simple" matter of visualizing them into being. In this workshop, participants will learn ways to manifest their heart's desire and to keep from letting fear stop them in their tracks.

"Art Connections" can be tailored for specific audiences (adults or children, businesses, church groups, hospitals, parent/child groups), subject focus and time frame. They can also be presented as one-hour talks. Fees will vary based upon what is presented, the length of the workshop, the size of the group, and budget.

For more information or to book a workshop, please contact Sarah Gish at 713.482.7065 or sarah@gishcreative.com.