



Igniting ♦ Connecting ♦ Enriching
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“IGNITE YOUR LIFE!” workshops & talks

“Ignite Your Life!” (www.IgniteYourOwnLife.com) is an art project created by Houston-based artist Sarah Gish which has this goal:

**To inspire everyone around the world to ignite their life
and to create connections among people.**

One way we do that is through workshops and talks. On the next page is a list of suggested topics; if there is something else you'd like us to do or present, please let us know. **The “12 Ways to Ignite Your Life Daily” are the foundation of all the presentations and they are on the last page.**

**Being ignited for your life is a firewall to addiction, anxiety, depression, and isolation.
We want to help others be free from those issues so that they can
follow their passion and be who they were meant to be.**

Sarah does the presentations and has been a teacher and workshop presenter in various forms since 1990. She bases her curricula on her years of research on addiction and psychology, her teaching, her workshops, her IGNITE! Sessions with individuals (finding their purpose), her public relations and public speaking experience, her personal journey -- as well as from the IGNITE YOUR LIFE! interviews for her art project. She has a Bachelor's of Art/Art History from the University of Texas/Austin and has trained with the Center for Nonviolent Communication; Children at Risk; Compassionate Houston/Stanford University; Creative Action; the Greater Houston Convention & Visitors Bureau; Institute for Natural Resources; The Museum of Fine Arts, Houston; Neuhaus Center; Rick Alan and Associates; St. Paul's Community of Spiritual Formation; the Texas Yoga Conference; Tom Hopkins International; Veriditas (labyrinth education); Voices Against Violence; and Young Audiences of Houston.

Sarah has worked with diverse audiences – from preschoolers to adults – in a variety of settings. She's taught thousands of people about igniting their life and finding their purpose, and has made art with sober and at-risk teens, therapists, children of all ages, senior citizens, women's groups, spiritual seekers, churchgoers, corporate employees, homeless people, and more.

References and CV are available upon request.

WE WILL WORK WITH ANY BUDGET, AUDIENCE SIZE, TIME FRAME, AND VENUE.

AS AN ADDED BONUS: Sarah tithes a portion of all money she earns to non-profits and companies that align with the IGNITE YOUR LIFE! mission and also to individuals in need. Your money will go to many other good causes!

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TEACHINGS – workshops / talks / art jams

Please note that a viewing of Sarah's Iggy the Igniter art car, www.Facebook.com/IggyTheIgniter, is available as part of any presentation. Also, most workshops and talks have handouts as well as an art-making component. Sarah starts each session with a meditation for focusing (or dancing if that's needed!) because art comes from the heART...and meditation and dance are ways to connect to the heart.

- ❖ **One-hour talk** about the “12 Ways to Ignite Your Life Daily” in which each way is explored, one by one, and explained in more detail. Audience participation will be encouraged through simple hands-on exercises. Sarah can also talk about “Using Creativity as a Tool to Ignite Recovery” for mental health professionals.
- ❖ **Two-hour presentation** on the “12 Ways to Ignite Your Life Daily” that includes the one-hour talk as well as a one-hour art activity.
- ❖ **Ignite Your Vision (Board)!** is a vision board-making workshop in which participants will delve into their goals and purpose and translate them into an artistic visual statement.
- ❖ **Two-hour labyrinth walk** which includes visiting a Houston labyrinth or walking on a 20'x20' portable labyrinth provided by Sarah. Participants will learn about our local labyrinths as well as about the history of labyrinths, the story of the labyrinth that is being walked, and how to walk labyrinths. The walk will serve as a meditative tool and will end with a reflective art activity. A one-hour labyrinth walk without an art component can also be presented.
- ❖ **Three-hour workshop** called “Ignite Your Life to Fire Up Your Soul!” which includes the one-hour talk, a one-hour art activity, and one hour of a meditative activity such as a labyrinth walk or learning mindfulness and/or meditation skills.
- ❖ **Twelve-week series** on the “12 Ways to Ignite Your Life Daily” called “Igniting Your Life as a Way to Explore Your Personal Path” in which participants will learn specific ways to ignite their lives using a variety of activities through twelve two-hour sessions. Activities can include journaling, art, music, dance, and more. At the end of the final session, participants will make a beautiful IGNITE YOUR LIFE! bead bracelet to take home with their favorite word of the twelve we studied (trust, nourish, meditate, commune, listen, love, serve, forgive, thank, create, learn, laugh). NOTE: this workshop can be reduced to a 6-week series or expanded to a year-long monthly series.
- ❖ **Bracelet-making**: Sarah teaches how to make bead bracelets out of the words from the “12 Ways to Ignite Your Life Daily” while students explore those concepts. Each participant takes home at least one bracelet. The cost varies based on the number of bracelets desired, the time frame, and depth of the experience requested.
- ❖ **Ignite Your Board!**: Sarah presents a one-hour “Pump-It-Up” session for Board members of any size organization. It's a great way to build community while people learn more about themselves, their fellow Board members, and the organization itself. The lessons learned will be solidified as everyone makes an art project for the organization to keep.
- ❖ **Art Jams**: these are fun and loose art-making sessions in which participants can play with a variety of materials and create things. The time length is based on what is needed and the jams can have a theme, or not!



12 Ways to Ignite Your Life Daily

- Trust in spirit (trust).
- Take care of yourself (nourish).
- Meditate each morning (meditate).
- Commune with nature (commune).
- Listen to your heart (listen).
- Connect with love (love).
- Be of service (serve).
- Allow forgiveness (forgive).
- Always be grateful (thank).
- Explore your creativity (create).
- Learn something new (learn).
- Enjoy life (laugh).

www.IgniteYourOwnLife.com