



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

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

**To inspire everyone around the world to light a fire to their own passions
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 for them; 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 can be found on the website. **Being ignited for your life is a firewall to addiction, depression, anxiety, 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 in various forms since 1990 and a workshop presenter since 2005. She bases her curricula on her years of research on addiction, her teaching, her workshops, her public relations and public speaking experience, as well as from her IGNITE YOUR LIFE! interviews. 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; 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; and Voices Against Violence.

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

References are available upon request.

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

However, please keep in mind three things:

1. Like anyone else's, Sarah's time is valuable.
2. The money you pay Sarah will go towards her IGNITE YOUR LIFE! art project, which is a Texas non-profit but is not tax-exempt yet. This means that, although it's not tax-deductible, it is going towards a project that is changing lives on a daily basis.
3. Sarah gives away 10 percent of all money she earns to non-profits and companies that align with the IGNITE YOUR LIFE! mission and also to individuals in need. She does this every Friday based on Thursday's deposit. Your money will go to many other good causes!



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WORKSHOPS/TALKS

Please note that a viewing of Sarah's Phoenix Rising Art Car, www.Facebook.com/PhoenixRisingArtCar, is available as part of any presentation. Also, all workshops and talks have handouts and all workshops have an art-making component.

- ❖ 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 by using 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 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.
- ❖ 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 of Being” 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! 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).
- ❖ Bracelet-making: Sarah teaches how to make bracelets out of 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.