

Creative Growth for Artists

With Julie Leidner

Supply List and Syllabus

Supplies: A journal for writing, a few pens and markers, and rubber cement or glue sticks for collage exercises. All available at Preston Arts Center at discount from class coupon for registration.

Syllabus:

Whether you're just starting to call yourself an artist or have been creating for years, this class offers a space to reconnect with your creative voice, clarify your goals, and build confidence in how you share your work. Each week centers on a theme many creatives grapple with—from fear and self-doubt to visibility and professional growth. You'll read a short selection at home, then join an open, supportive group discussion and hands-on writing session in class. Expect reflection, conversation, and light creative exercises designed to help you move past blocks and into momentum.

By the end of the course, you'll:

- Gain tools for setting and achieving creative goals
- Develop language for your artist statement and “elevator pitch”
- Explore authentic ways to share your work both online and in person
- Build community and accountability with fellow artists

All levels are welcome. While the focus may be on visual artists, anyone interested in deepening their creative practice including writers, musicians, or other makers will find guidance and encouragement here. Suggested reading: *The Artist's Way* by Julia Cameron and *Mapping the Intelligence of Your Work* by Ann West.

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Schedule (subject to change):

Week 1: Fear & Creative Blocks

Through discussion and writing exercises, we'll begin by naming what gets in the way of our creative lives, and exploring our inner and external critics and champions.

Week 2: Goals & Possibilities

This week we will clarify what you want from your creative practice by setting realistic and meaningful goals.

Week 3: Identity

How do you talk about yourself and your work? Together we'll practice short “elevator pitches,” introduce artist statements, and discuss how to balance day jobs with creative lives.

Week 4: Show & Tell (Gentle Critique)

Students are invited to share a small piece of work for supportive feedback. We'll discuss how to give and receive critique without fear.

Week 5: Sharing Online (Digital Presence)

We'll explore how artists use digital platforms to connect and build community, talking honestly about approaching online presence in a way that feels authentic and sustainable.

Week 6: Sharing in Person: (Galleries & Studio Visits)

This session covers the practical side of sharing your work publicly including working with curators and demystifying professional practices.

Week 7: Voice

This session focuses on articulating your artistic path, offering exercises to help identify the personal themes that shape your unique work. We will revisit and refine the elevator pitches and artist statements begun earlier.

Week 8: One-on-Ones & Personalized Roadmaps

Our final week, each student will receive a short one-on-one session to define actionable next steps based on everything discovered throughout the course.