

Creative Growth for Artists With Julie Leidner Supply List and Syllabus

Supplies

A journal for writing and a few pens and markers. Supplies are available at Preston Arts Center at a discount with the class registration coupon.

Course Description

Whether you're just beginning to call yourself an artist or have been creating for years, this class offers a welcoming space to reconnect with your creative voice, find encouragement and solidarity with other artists, and gain clarity about where your practice might go next.

Each week includes group conversation on a theme and hands-on reflective exercises designed to help you better understand your creative motivations and take thoughtful next steps in your work. Sessions may also include opportunities to share work in a supportive setting and learn from one another's experiences.

Over six weeks we'll move from personal reflection to outward expression: clarifying your goals, exploring your inspirations and obstacles, practicing how to talk about your work, and considering how artists share their work within larger creative communities.

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.

Schedule (subject to change):

Week 1: Goals We will start by clarifying what you want from your creative practice. Through guided reflection and writing exercises, you'll develop realistic and meaningful goals that align with your interests, rhythms, and circumstances.

Week 2: Inspiration & Fears Through discussion and collage exercises, this session focuses on noticing patterns in what inspires you. We will begin to identify the interests and questions that pull you toward making work and shape your artistic voice. We'll also discuss what's holding you back, and how to overcome your inner criticisms.

Week 3: Sharing Work

Students are invited to bring a small piece of work to share in an open and supportive "show and tell" format, allowing us to practice talking about our work while learning from one another's creative paths.

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Week 4: Public Identity

How do you talk about yourself and your work? Together we'll practice short "elevator pitches," explore early versions of artist statements, and discuss how artists balance creative work with everyday life.

Week 5: Creative Ecosystems

We'll explore how artists share their work and build connections both online and within their creative communities. We'll look at the different circles that support creative practice, from peers and local organizations to broader artistic networks, and discuss how to participate in these spaces in ways that feel authentic and sustainable.

Week 6: Reflection

In our final session, we'll reflect on patterns that have emerged during the course – ideas, themes, and goals that feel most meaningful to you now. Students will revisit their goals, share insights, and leave with a clearer sense of next steps for their creative practice.