



STAYING HUMAN: BEING AN ARTIST IN THE AGE OF TECHNOLOGY

Are you excited by all the opportunities that technology provides us but confused about how to connect online and still feel fully engaged offline? I think a lot of us are...but there are simple and inspiring ways to do both...

So much about being a creative artist requires knowing and sharing parts of your authentic self. But with texting, WhatsApp, social media, YouTube, Discord, and more dominating more and more of our communication, it can be hard to know how to maintain that authenticity while still maintaining your own personal and private life (which is so much of where the creative fire comes from). In this conversation, we will discuss ways to connect authentically with your community while still preserving and replenishing your own personal resources to keep yourself healthy, happy, and ready for more.

Some of the topics include:

- Identifying the three categories of connection with your online avatars and social media and how to use each one to your best advantage
- Imposter Syndrome: Why it's a liar (not just a lie) and is the very thing that prevents you from being YOU
- Staying connected online without disconnecting from your circles offline (and vice versa)
- Finding ways to stay connected to yourself, your creative energy, and your own needs while also working in multiple time zones or with large networks and online communities
- Learning how to protect yourself from difficult or challenging energy from other people online
- The complex issue of parasocial relationships