



THE HUNGRY ARTIST™

Are you feeling discouraged in your performing career? Are you tired of hearing how hard it is and yearning to know ways to make it easier? I know I was...and then I realized why...

For ages, it seems that performers and artists have struggled with the seeming dichotomy between finding stability in their own lives while pursuing careers in “unstable” arts. But the myths of the starving artist that so many of us are told and sold along the way – from an early age all the way to adulthood – are just that: myths. In this conversation, we will break down the difference between the starving artist mentality by dispelling these myths that keep you in creative darkness and lack and replacing them with the truths of the Hungry Artist™. We will explore practical, simple (but not easy!) ways to change your mindset, your daily practices, and ultimately your life so that you can still maintain that creative hunger that drives you without having to live out of your car (unless you want to).

Some of the topics include:

- How to Diversify your artistic career
- Reframing Rejection
- The Art of Playing YOU - Creating Your Own Hungry Artist Practice (also available as a separate workshop/keynote)
- Using Strategic Suffering to Your Advantage
- Creating a Hungry Artist lifestyle built just for you

By the end of the workshop of The Hungry Artist attendees will have practical tools to use in their own lives to create personal practices that reduce unnecessary stress and blocks to their performing careers and stoke their creative fire.