



The Original Impulse Atelier with Cynthia Morris

This program guide includes all the details, dates and information about the Original Impulse Atelier. This one of a kind program is designed to give you the structure and support required to make satisfying progress - perhaps even finish - a project of your choice.

Your project may be writing, art or a business project. As your host, I work on a project alongside the members. In 2020, my project will be a passion project, making a body of artwork.



“Being in the Atelier was super valuable for me. It was the perfect, supportive container that allowed me to step into my creative channel. It was an awesome group, a really rich experience. I know a lot more about my writing process and look forward to having more fun writing next year.” - Elizabeth



We begin joyfully on January 13, 2020 and end triumphantly on December 4, 2020.

Original Impulse Atelier membership includes:

- Six group sessions
- Thirty-four group meetings
- Weekly online accountability and coaching
- Four one:one private coaching calls
- In-person retreat in Denver, Colorado
- Five co-creating sessions

Bonuses to make the year super fun and effective:

- E-copies of my books and other resources
- Additional treats that make the creative work fun
- Options to add member-priced coaching sessions





Atelier Sessions

These are the dates of our sessions and our meetings. These will become the highlight of your week! We meet each Monday during the main sessions and twice per month in the summer session.

Session One

Set yourself up to succeed

January 13 - February 14

Session Two

Get into your groove

February 24 - March 27

Session Three

In-person retreat

Denver, CO April 17 - 19

Session Four

Enjoy your groove

April 13 - May 22

Session Four

Summer

Two group calls per month: June 8, June 15, July 6, July 13, August 3 and August 10

Session Five

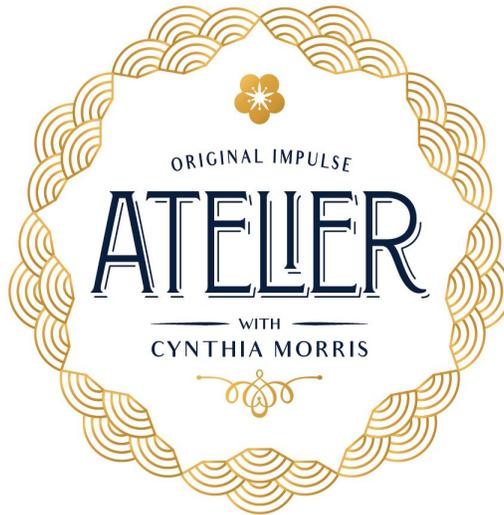
Back to school

September 14 - October 16

Session Six

Stay with it

October 19 - December 4



Salons

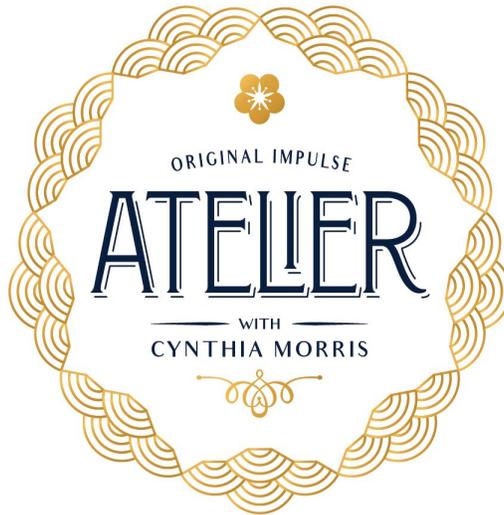
These gatherings are the heart of our group connection. This is where we share our triumphs and challenges. Our weekly meetings are the chance to get live coaching from Cynthia and to learn from and contribute to the other members. Our meetings usually last for 75 minutes.

Salons - group video conference gatherings via Zoom - are on Mondays during the Atelier sessions. We have a final celebration on Friday, December 4th.

We use video conferencing but if needed, you may call in via telephone.

We meet at 11:00 am PST, 12:00 pm MST, 1:00 pm CET, 2:00 pm EST, 7:00 pm UK, 8:00 France. Please check your time zone to ensure that you are available for these meetings.





Accountability Check-ins

The main structure of our Atelier is regular check-ins. During our sessions, we will check in on Mondays and Fridays with an optional Wednesday check-in. This helps you stay accountable and connected.

These can be brief but they are required. They can be written, audio, or video and you are welcome to share photos as desired. Monday check-ins must be posted at least two hours before our meeting.

These check-ins help you stay on track in both the short and long term. They show you what works for you to get your work done on an ongoing basis.

Monday - what you will do by Friday

Wednesday - SOS or questions as needed

Friday - celebrating what you have done and sharing insights or ahas.





In-person retreat in Denver, Colorado

Atelier members will convene in Cynthia's Denver Atelier for a fun and powerful weekend.

Our session begins at 3:00 pm on Friday, April 17th. We conclude on Sunday, April 19th at noon. Details will be given when members enroll for the Atelier.

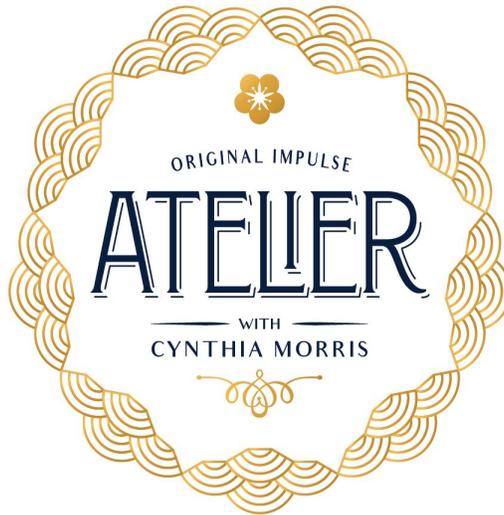
Workshops, materials and most meals are included in the retreat. Transportation and lodging are the responsibility of the Atelier members.

"As a full-time artist with an established studio practice, I entered the Atelier so curious about what I might learn. Of course, describing this as an "Atelier" was a natural draw.

I learned how to be the best person I can be as I approach the work. Be clear. Be Patient. Be Loving to yourself. Celebrate the wins!

The practice of setting intentions through writing, declaring short term goals out loud, and enjoying a cadre of accountability buddies has established a foundation that I can build upon for life. Thank you, Cynthia!" - Sam





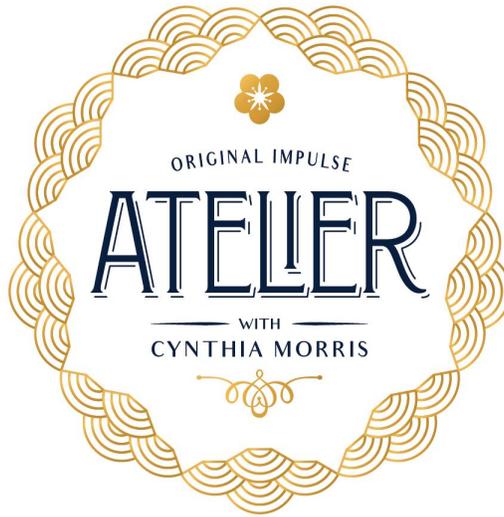
Co-creating sessions

We gather to create together for maximum focus and connection. These sessions are focused, fun and effective. They are a great way to get the scary stuff done with others in real time. Members can organize additional co-creating sessions as desired. These are optional but most Atelier members love this part of the program.

We meet at 11:00 am PST, 12:00 pm MST, 1:00 pm CET, 2:00 pm EST, 7:00 pm UK, 8:00 France. Please check your time zone to ensure that you are available for these meetings.

Wednesday, February 19
Wednesday, March 27
Wednesday, May 20
Wednesday, October 14
Wednesday, November 18





Private Coaching Sessions

Atelier Members have four 60-minute private coaching sessions with Cynthia.

Members are encouraged to schedule all calls at the beginning of the year. Rescheduling is available on an emergency basis.

Coaching sessions take place during the following timeframes:

Between January 7 and February 7

Between April 13 and May 8

Between September 21 and October 9

Between November 16 and December 4

“The Atelier has been really great. The group helped me feel less alone in my creative work. My perspective has changed. I trust myself. I am enjoying my art and I have more confidence. The Atelier was a jumping off point. I now know where I am going with my painting. I’m grateful I did this for myself and my art.” - Susan





How much time will the Atelier take?

Plan to spend no more than two hours a week with the group, when the Atelier is in session, plus time working on your own project, determined by you on a weekly basis.

This is not a critique group; feedback on works in progress will not be part of the check-ins.

There is no back row in which to hide; our circle is inclusive of all phases of the creative process except bailing or ghosting.

If members do not show up for 75% of the calls and check-ins, they are invited to leave the program with no reimbursement.

“Thank you for coaching me to become the person I’ve needed and wanted to be to get my stories onto the page. Thank you with deepest gratitude for helping me give myself the gift of/permission to commit and create in ways I have wanted to for three decades.” - Willow





Original Impulse Membership Fee

When you apply for the Atelier, you are investing in your project. What is it worth to you to have a year of support that helps you stay on track with your project? This kind of annual coverage is probably unlike anything you've ever experienced. What would it be like to end the year like a creative champ?

Two payment options:

\$5,200 if paid in full by January 13

\$500 automated monthly payments for eleven months

Questions about whether this is a good fit for you and your project? Simply contact Cynthia at cynthia@originalimpulse.com

Space is limited and spots are carefully curated to ensure a dynamic and empowering creative community.

"Without the Atelier, I would never have worked so consistently on my travel blog. The Atelier helped keep me on track and engaged with my project. Cynthia and the Atelier group provided excellent support and motivation as well as key learning points to help me succeed." - Molly

