



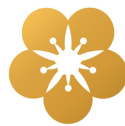
The Original Impulse Atelier Program Details

This is for you if you are ready to develop a sustainable creative practice through working on one project.

Get ready to enjoy the structure and support for your creativity that you've been craving.

This program guide includes all the details you need to know about the Original Impulse Atelier. We are a small group of no more than fifteen members. The Atelier is a carefully curated environment to ensure that we all share a bias toward committed action.

We begin joyfully on September 20, 2021, and graduate triumphantly on April 29, 2022.





Original Impulse Atelier membership includes:

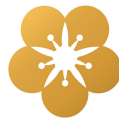
- Twenty-eight live, facilitated group meetings
- Weekly online accountability and coaching
- Two one:one private coaching calls
- Monthly co-creating sessions (optional)

Bonuses to make the year super fun and effective:

- E-copies of my books and other resources
- Options to add member-priced coaching sessions and feedback services
- Delightful surprises!

Atelier alum rave:

“I credit the Atelier with turning my life around. It changed my outlook and I let go of a lot of guilt. I now have different ways to work with myself and my creativity. I have a hunger for my voice and I treasure the strange, mystical magic that happens when I’m lost in my writing. This is what I write for now. I wouldn’t have been able to access this without your guidance.” - Tania Becker





Atelier Sessions Dates

We have three sessions. These are the beginning and end dates of each session.

Beginning

Set yourself up to succeed

September 20 - December 17

(one week off at Thanksgiving)

Middle

Maintain your groove

January 3 - March 25

(one week off for spring)

Completion

Finish like a champ

April 4 - April 29



Atelier alum rave:

“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.”

- Elizabeth Joy Mueller





Monday Salons

We meet each Monday, with breaks throughout the program for integration and holiday time. We have a final live celebration on Friday, April 29th.

Our Monday gatherings set the stage for inspired action throughout the week.

These salons are the heart of our group connection. This is where we share our triumphs and challenges. All members are expected to attend these meetings. **If you miss 25% of the meetings and check-ins, you will be asked to leave the program with no refund.**

Our weekly meetings offer the opportunity to get live coaching from Cynthia. This is where we learn from and contribute to the other members. We will spend up to 75 minutes together.

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

We meet at 9:00 am PST, 10:00 am MST, 11:00 am CET, 12:00 pm EST, 5:00 pm UK, 6:00 pm in France. [Please check your time zone](#) to ensure that you are available for these meetings.



Accountability Check-ins

Regular check-ins in our salon help you stay on track with your project. We check in on Mondays and Fridays with optional Wednesday updates or SOS. 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 to get your work done on an ongoing basis. There are no check-ins during weeks off.

Monday - clarify what you will do by Friday

Wednesday - optional send SOS or questions as needed

Friday - celebrate what you have done and share insights or ahas.



Atelier alum rave:

"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 Woolcott





Co-create 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 alongside others in real-time. Members can organize additional co-create sessions as desired. **These are optional but most Atelier members love this part of the program.**

We meet on the second Wednesday of each month for 90 minutes at 12:00 am PST, 1:00 pm MST, 2:00 pm CET, 3:00 pm EST, 8:00 pm UK, 9:00 pm France. [Please check your time zone](#) to ensure that you are available for these meetings. Again, these are optional but can be helpful.

October 13
November 10
December 8
January 12
February 9
March 9
April 13





Private Coaching Sessions

Atelier Members have two 60-minute private coaching sessions with Cynthia. These take place at the beginning and near the end of the program. The first call should be complete by October 1st and the second call must be complete by April 29. Your sessions are forfeited if not held within this timeframe.

Additional sessions may be booked at the discounted client rate.

Editing/feedback services are also available to members at a reduced rate.





Additional Information

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. Professional critique from Cynthia is available as an additional service. Atelier members get a reduced critique rate.

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.



Atelier alum rave:

“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 the 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 Baum





My commitment as your host

As a member of the Original Impulse Atelier, you're a cherished client. I regard you and your project with respect. I'll do everything I can to help you stay with your agenda.

I will:

Provide one-on-one support

Atelier members get two private coaching sessions with me.

Host weekly Salon gatherings

These are discussion style, where the content is dynamic and based on your needs.

Post audio recordings of Salons

If you cannot attend a session for emergency reasons, the audio of the Salons will be available within 24 hours.

Coach members through weekly check-ins

This is where you feel the sense of ongoing support. Monday and Friday check-ins are mandatory and give you structure for your workweek. Wednesday check-ins are as-needed.



Provide additional resources as needed

I've published many resources about the creative process, and I'm constantly learning about new ones. I love accessing my archives for just the right resource for your immediate needs.

Respond to emails

Sometimes you need to ask a private question or send an SOS. I'm here for you. (Please note: I don't check email on weekends. Because, you know, work/life balance.)



Atelier alum rave:

"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 Nunnally





Original Impulse Atelier Membership Fee

When you apply for the Atelier, you are investing in your project. What is it worth to you to have eight months of coaching that keeps you on track? This kind of support is probably unlike anything you've ever experienced. What would it be like to end the program like a creative champ? The Atelier is reasonably priced, giving you the structure and accountability that will help you finish your project.

Two payment options:

\$3,900 if paid in full by September 18

\$495 monthly automated payments for eight months

How to apply

[Click here for the application.](https://www.originalimpulse.com/15908-2/) Or copy link: <https://www.originalimpulse.com/15908-2/>

Space is limited and spots are carefully curated to ensure a dynamic and empowering creative community. **Questions about whether this is a good fit for you?**

Schedule a call with me to connect using this link:

<https://schedulewithCynthiaMorris.as.me/Atelier>

Or email Cynthia@originalimpulse.com



Atelier alum rave:

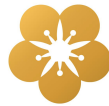
“The Atelier has been really great. The group helped me feel less alone in my creative work. My perspective has changed. I trust myself. I am enjoying my art and I have more confidence. The Atelier was a jumping off point. I now know where I am going with my painting. I’m grateful I did this for myself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





Atelier alum rave:

“The Atelier encouraged me and gave me extra strength to keep going when I was hitting rough spots in my project. I learned a lot about why and how I work, which is so powerful going forward into new projects. I would sum it up by saying I learned how to manage my artist self. Which is totally different and much harder than managing someone else.” - Melissa Eggleston



Finally, you’ve found a place where you can get your creative project done while having fun. It feels so good to work alongside others who are dedicated to thriving creatively.