

SESSION 2 – MATERIALS & PROCESS

- 1) How have you been since our last session? Have there been any joys, surprises, or difficulties in getting started or continuing?

- 2) Has anything from our last conversation about movement, energy and narrative shown up in your work or thinking? Does the work feel connected to what you're exploring?

- 3) Are there any materials, processes, or techniques you're curious about exploring further or any ways of working you'd like to see demonstrated or talked through together?

- 4) Are there artists you're drawn to for how they work with, materials, or colour? How do you currently feel about your use of colour: is that something you'd like more support or conversation around?

- 5) Looking ahead, is there anything you'd especially like to focus on, develop, or open up in our next session? Also feel free to include any pictures of recent works.

SESSION 3 – PUSHING BOUNDARIES

1. How have you been since our last session? Have there been any joys, surprises, or difficulties in the development of your ideas?
2. Through our discussions on the ideas that fuel the work and material exploration and process, do you feel these components of your practice are starting to marry?
3. How do you feel you could push your materials and process to evoke your themes and ideas further?
4. Include images of artworks you want feedback on.
I'll put some images below to give you an idea.
5. Any additional questions or blocks?

6. Give yourself an artist promise for the next month:

SESSION 4 – REFLECTIONS ON YOUR WORK SO FAR AND NEXT STEPS

- 1) Reflecting on the creative practice at the moment, how are you feeling about its direction? Are you feeling excited? Inspired? Blocked? Nervous? Etc. Explore all the feels here with any direct questions you may have.
- 2) Reflecting on any recent works what are your favourite artworks? Include images and reflections on why you feel they work. Also include any images of artwork o
- 3) What creative ideas do you have for your next steps? Do you want to experiment with scale? Materials? Image construction? How could you keep pushing the parts that work even further?

- 4) Do you feel like you have been working towards your creative goals as an artist? Maybe that's connecting with other artists, organising a show, going to private views, having a better work life balance etc. If not, would you like to? What would feel in line with your creative values?

SESSION 5- (REFLECTIONS ON WRITING WITH DAN)

SESSION 6 – REFLECTIONS ON YOUR WORK SO FAR AND NEXT STEPS

- 1) Reflecting on your creative practice at this exact moment, how are you feeling about its general direction? (Are you feeling excited? Inspired? Blocked? A bit nervous about what comes next? All of the above?)
- 2) Reflecting on the work you have made over (almost) the last six months, what are your favourite pieces? (Please include a few images below and drop in some reflections on why you feel they work or what clicked for you while making them.)
- 3) What images or pieces have you made recently that are your least favourite? (If you can, include images of them below. What did they teach you? (Remember: the 'failed' experiments are usually where the most interesting data lives!)
- 4) What creative ideas are gently bubbling up for your next steps? Do you want to experiment with scale? New materials? Alternative image construction? How could you play with or push the elements that are already working well?
- 5) Do you feel like you have been moving towards your personal creative goals as an artist? (This doesn't have to be about production. It might look like connecting with other artists, planning a future show, attending private views, or simply protecting a better work-life balance so you have room to breathe.)

- 6) To wrap up this chapter, if you were to make a gentle, supportive 'artist promise' to yourself for the coming months, what would it be? (e.g., "I promise to allow myself to make bad work without judging it," or "I promise to step away from the screen when comparison kicks in.")