



مسرح دبي الاجتماعي ومركز الفنون  
*Dubai Community Theatre  
& Arts Centre*

## Course

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**Corry MacDonald | Awakening Arts (18+):** Creativity mentor Corry MacDonald wants you to know the truth: the vibrant life you want is waiting for you – just beyond your struggles. The only thing standing between you and your dreams is the courage to see trouble for what it is: a pretender.

***Begin Within*** is a 4 –week transformational course in which the art you create from your inner world spills over into your daily life. This out-of-the-box course invites you to meet your challenges head on, to shift your perspective, to embody your creativity, and to love yourself fully so that you flourish and enjoy your life wholly.

### Course Outline:

#### ***Begin Within: Seven Easy Steps to Self-Love through Creativity***

#### **Week 1**

Introduction (to the group and process). Learn the first and second steps to begin shifting your mindset around problems.

- Introductions / material exploration & explanation / Brain Dump starter
- Step 1 “Own It” – Uncover your blocks to owning your challenges + Artmaking Directive = Set it on the table
- Step 2 “Sit with It” – Stop avoiding your messy pieces and sit with them awhile + Artmaking Directive = Hold it in your hands
- Share and Close

#### **Week 2**

Stop talking about a problem and get curious. Learn the two essential questions to ask to uncover a wealth of wisdom.

- Connect / Brain Dump / Learn next steps
- Step 3 “Ask on it” – Shift from blaming to asking + Artmaking Directive =Reframe and envision
- Step 4 “Act on it” – Learn how to dialogue with your work and to get guidance for next action steps + Artmaking Directive = Write the words, paint the feeling
- Share and Close

### **Week 3**

Anticipate the discoveries that will flow to you when a problem shows up (for you and others).  
Discover a whole new level of sharing your learning out.

- Connect / Brain Dump / Learn next steps
- Step 5 “Love it” – Shift perception around problems showing up at your ‘door’ +  
Artmaking Directive = Fill your Guesthouse
- Step 6 “Share it” – Discover how to share your learning without saying a word +  
Artmaking Directive = Attune & step upward and outward
- Share and Close

### **Week 4**

Consciously create exactly what you need in order to move forward and experience this learning  
in your life onward.

- Connect / Brain Dump / Learn next steps
- Step 7 “Create It” – Review all the artwork learn how to form a new vision for  
yourself+ Artmaking Directive = Envisioning Piece

**Type of course:** Syllabus course

**Age Category:** 18+ yrs old

**Timings and Duration:**

Duration: 3 hours | Monday: 10:00 am – 1:00 pm | Thursday: 7:00 pm – 10:00 pm

**Fee:** 1200 AED for 4 consecutive sessions (this includes the materials)

**For registration,** please contact: [artsreception@ductac.org](mailto:artsreception@ductac.org) | Tel: +971 (0) 4 341 4777, Ext.:  
323 | [www.ductac.org](http://www.ductac.org)