

## #1 Creative professionals and other creators gain focus and momentum

translate creative impulses into action and form

make space in your life for your creativity

start up after a stagnant or unproductive period

generate fresh ideas to support your livelihood

At the outset of writing my fourth book, Connie Frey was instrumental in helping me get the book off to a good start. She doesn't tell you what to do ~ she investigates your process with insight and sensitivity so you can discover the hidden power in your own preferences and methods. I would recommend her services to anyone who wants to think, write, or work more creatively. There is tangible magic in her coaching. [Writer/Poet S. N.](#)

Connie has an uncanny knack for hearing and luring your creative blockages out into the light. She guides [and] allows you to unfold new ways of seeing, and of writing, that are inescapably authentic for you. [Writer E. N.](#)

I recaptured a creative state . . . that I can have some difficulty accessing. After the coaching, I now have ways of getting back there, as well as a shift in my beliefs about my relationship to the more creative space. [Poet M. G. M.](#)

I was affected. This coach understood my feelings and realized how to utilize my creative approaches. [Poet A. S.](#)

Connie's coaching style is filled with wisdom, warmth and an ability to foster enthusiasm and fun in the process. . . . I particularly valued the wisdom Connie brought to each session, through a combination of her keen intellect, warm heart and encouragement of learning through listening to messages from a somatic level. [Consultant K. H.](#)

I am touched by the virtuality/vitality of it all . . . my voice ~ yours on the phone. Thanks, Connie, for your sensitive presence and graceful prodding, your ability to allow space to pull things out of myself. You help me continually birth the awareness of language [and] open a window to my truth. [Dancer and Psychologist M. P.](#)

Now I am engaged ~ and could not imagine that engagement a month ago. Connie helped me find the usable bits of my own way of approaching writing, which I could then make into a work plan. [Professor and Dance/Movement Therapist M. C.](#)

Connie enabled me to take a fresh look at a project I had been stuck on, the way a painter will pause and take a few steps back from her painting, letting it tell her what needs to happen next. She helped me disentangle myself from the details and reconnect with my excitement around this project, and she also gave me some tools to use in case I should get stuck again. [Writer and SRhythms Teacher J. W.](#)

Working with Connie Frey is like having an expert gardener help nourish the soil and plant the appropriate seeds to yield great gifts while honoring the oaks and flower beds that already exist. I especially appreciate how possibilities emerge from the flow of going from metaphor to action.

Also, I've begun listening to my body and following my internal system. [Human Development Specialist C. B.](#)

Being coached by Connie was a spiritual experience, a choreography where I felt respected, challenged, championed and creatively empowered. [Writer and Certified Coach J. H.](#)

Thank you for putting your hand with mine as I turn the ignition on this work that truly needs to go forward. You listened with your whole self and, as a result, I listened to my own questions and myself more deeply and creatively. [Dance/Movement Therapist and Spiritual Director J. L.-K.](#)

Connie coached me to come up with meaningful words that clearly convey the new services I offer. She helped me organize the jumble and move forward, feeling connected to my intentions and comfortable sharing them. [Art Psychotherapist, J. Q.](#)

It was so useful to find the words to help the journey. I brought the practical challenges and metaphors of my life as an artist, and Connie's coaching birthed a fresh way of thinking about what I'm going to do and how. [Artist J. B.](#)

My sessions with Connie enabled concept generation through creative activities [and] led to reflections on those ideas against scientific fact, generating a collection of fresh, innovative options. [Mechanical Engineer and Professor C. B.](#)

Coaching was a brand new experience for me [and] Connie Frey eased me right into it with careful listening and creative questions to explore what I would like to accomplish. Her guidance stimulated my own creative process and assisted me in exploring new options for addressing a couple of work-related issues . . . I highly recommend her as a skilled and creative coach. [Executive Director C. K.](#)

Connie inspires me to communicate what's going on creatively . . . The blocks that I thought I had were not blocks. I became excited and exploratory even in the places where I thought I couldn't. [Choreographer D. L.](#)

I am more able to open up to my creative process and be spontaneous with it. I learned to postpone judgment. I definitely feel freer. [Photographer P. G.](#)

## **#2 Academic writers make gains through creativity coaching**

Connie's focused, intense while simultaneously gentle questions unstuck and got me moving forward. It was a difficult thing (at least for me) to acknowledge my vulnerability and declare, "Help!" After asking, I dug deep to figure out what was blocking my progress. Her responsive tools, structure, and focus provided exactly what I needed. Along with "more technical supports" Connie brought compassion, a sense of humour, and fun. I'd recommend her services to anyone who is struggling to find momentum, flow, and the courage to keep at it. [Now Dr. Karen Dawson, former PhD candidate, Applied Social Science, Tilburg University, Netherlands.](#)

As a doctoral student who had been stuck in a dissertation momentum slump, I have been so pleased by the creative support from Connie's individualized, metaphoric, and gentle approach. I have miraculously gone from a year and a half of frozen momentum to expanded creative thinking, forward motion, and dissertation insight. Her capacity to virtually guide me through the vulnerabilities and underlying struggles that weren't clear to me, and find creative possibilities to maneuver through them while simultaneously honoring them, has assisted me in regaining excitement about my studies. I'm forever grateful for her

specialized skills that have allowed me to access my own capacity for movement on this dissertation journey. [Now Dr. Christina Devereaux, former PhD candidate, Clinical Psychology, Santa Barbara Graduate Institute, USA](#)

Connie's penetrating, searching and intriguing questions have been helping to shake me out of the 'zombie-stage' of my PhD and into some meaningful action. Research is beginning to feel good again! One of those questions includes 'where is your energy?' Not only does Connie ask the question in creative ways, but she has walked with me when I have deeply felt that there were no answers. Surprisingly, the answers have come and my discovery of them has made all the difference. Because life for me as an older student includes commitments to work, family and community, finding energy for my PhD means that now I will actually finish it! [Now Dr. Greg Barker, former PhD candidate, Department of Religious Studies, University of Wales, Lampeter, UK](#)

I'll use the midwife metaphor to explain the magic of working with you. First, I had piles of written pages, competing thoughts, and my head ached with questions: How am I going to put all of this together? How will I start? Our meetings usually begin with me expressing tormenting hesitations and uncertainties. The magic is in the gentle, respectful questions, comments, or thoughts you come up with. You seem to know when to only listen and when to probe. I really do not know how it works, but at every session I end up with all I need to get the process of creativity going. In your presence and energy something happens, and what is also magical is that I know it is me who created. [Now Dr. Amal Elyas, former PhD candidate, Department of Curriculum and Instruction, Faculty of Education, University of Victoria, Canada](#)

Connie taught me a lot about the creative process and helped me to appreciate all phases. When I started working with her I didn't think that I was doing anything but I came to realize that preparation for getting started was doing something. Her careful attunement to my words and my style were beneficial in moving me along my path. Her positive regard was encouraging as well. I know that her coaching was instrumental in my progress. [P. P., Doctoral Candidate](#)

Through my work with Connie, I learned what Maya Angelou meant when she said, "We are created creative." I began to fulfill my deep desire to respond to what moves me, putting myself and not just my words on the page. My writing came to life. [Anonymous Professor](#)

I actually had a shift in perspective on my problem with my thesis [and] figured out how to best approach my work without feeling guilty. Breaking it down into manageable pieces and planning my "get to work strategy" with what feels best to me instead of what I should be doing . . . I feel much lighter about this and am more able to start anew. [P. M., Masters Candidate](#)

It was very useful to spend the time dealing with a fuller experience of undertaking a dissertation, rather than 'just trying to get it finished'. This helped to strengthen the project's integrity for me, and reconfirmed my reasons for undertaking it in the first place . . . [I] realise that this time of research, writing and creativity is an invaluable period in my life. [P. W., Doctoral Candidate](#)

I was able to move from a place of reluctance to a place of playfulness in my creative process. Connie Frey's prompts were quick, creative, and very effective! [A. A., Writer/Professor Emeritus](#)