



Open
To Create...

A sustainable social enterprise growing robust,
healthy & sustainable creative humans



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Background

To inspire creativity and help nurture listener's talents, regardless of how they show up in the world. Anna's motto is "You don't have to be an artist to be creative".

Science, arts, humanities, tech, health, maths, engineering, gardening, sports – anything goes... so bring your full creative self to the conversation. Guests so far have come from creative writing, publishing, social enterprise, sustainable education, social justice, graphic design, and community development backgrounds.

Expect some frank discussions about a range of topics including mental health, long term illness; so, if you have kids around definitely listen with headphones. I am very mindful of talking with humans from all walks of life, from all backgrounds so seek out conversations which respect difference.



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Questions

These are set out as a guide. In each episode we very much go with the flow and see what emerges during a conversation. It is important each guest's unique voice is heard, their own lived experiences and creative journey are amplified. The aim is you speak more than me, and I come in with open, coaching style enquiring questions to open up your thinking...

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I will do an intro about the podcast, who I am and then let you say your name, who you are, what you are about in the world

i.e., Tell us a little bit about yourself? This can be how you serve, work, parent, travel, your hobbies – each guest is different, and this is what's most interesting. Then I will go through these questions, although things can go in different tangents depending on what each guest brings

- ✚ What do you think makes you creative?
- ✚ How do you put your creativity to use in the world?
- ✚ How does this relate to other people? Social activism? The planet?
- ✚ Do you do anything creative to relax?
- ✚ What's something you wished you knew about creativity when you were younger?
- ✚ What tips do you have for anyone listening?
- ✚ Anything listeners can get involved with coming up?
- ✚ Social shout out



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Think in advance how deep you want to share your lived experience/s and if you are going to touch on anything sensitive set up a sensitivity warning before doing so, this will enable listeners to fast forward

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Previous episodes can be found via

- ✚ <https://spotifyanchor-web.app.link/e/RVsgZhxrUwb>
- ✚ <https://podcasts.apple.com/gb/podcast/everyday-creativity/id1549618735>

Outline of the process

- ✚ We meet on Zoom, record the audio and video and for now (at Sept 2023)
- ✚ Generally, I allocate 30 – 45 minutes for our conversation
- ✚ We go for a one cut recording, so we have a bit a chat before going – please be somewhere quiet and if possible, use headphones
- ✚ After we chat I edit via Anchor. FM the conversation and upload to Anchor.FM which then aggregates it out to a range of podcast providers including Apple Podcasts. I sometimes, time allowing, do a blog post too.
- ✚ So far guests tell me what they feel most comfortable with in terms of where the content goes out, so I follow that lead, for now.
- ✚ Longer term I aim to use the video footage for YouTube, as this has been requested to be more accessible with the use of subtitles.
- ✚ Longer term I want to upload the transcripts to accompany the episodes and use the content in a publication – more on that once it's in production.



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Spreading the word

- ✚ I make an episode image – please provide a. Png or. Jpeg image file with a good resolution I can use
- ✚ Please send me a biog and up to date socials / website links
- ✚ When the episode is released, I then send you a shortened link and your image to share across your networks, embed into your website etc. (please ask for help on any of this, I have learnt as I go, so am happy to help.)
- ✚ Sharing really does make for some amazing connections, opens up the possibilities for getting your message out there more widely plus gets the voices of amazing creative people out there to cut through the noise and share genuine stories of connection, creativity and change.

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Open To Create... socials

Instagram [@annabsexton](#) [@opentocreate_](#)

LinkedIn <https://www.linkedin.com/in/open-to-create-anna-b-sexton/>

Facebook <https://www.facebook.com/anna.b.sexton/>

Website <https://www.opentocreate.com/>

Thanks to [Ellen Stewart](#) for designing such a beautiful brand for us...

Everyday Creativity