



REVIVE YOUR CREATIVE MOJO

**You already are out there being creative,
recognised in your field**

But of late something is holding you back...

**Let's work together and beat your blocks to tap
into your bold, brilliance**

6 - W E E K C O A C H I N G P R O G R A M M E

R E V I V E Y O U R M O J O



**Creativity coaching
+ design thinking
+ brain science
+ entrepreneurship skills**

Our unique clinical, creative, enterprise development & science-based approaches embed your well-being at the heart of your process.

You will leave knowing how your brain, body, spirit and soul work in creative flow & harmony leading to more sustained, renewable momentum



“I have just had a 'Spatial Goal Setting' session with Anna from Open To Create to visualise the launch of Hartley & Soul. It was an amazing experience. I had never done anything like this before. She set up the framework at the beginning, guided me through the process with clarity and efficiency. I've come away with a crystal clear picture and a distinct feeling of what I want the event to look and feel like. Anna has managed to take me out of a feeling of overwhelm into one of excitement.”

MARIANNE HARTLEY, BRAND CONSULTANT & DESIGNER | AUTHOR OF ALIGN & SHINE

R E V I V E Y O U R M O J O

YOUR VISION, VALUES, GOALS

Who you are living in your new reality when you have successfully achieved your goals is a key element to our work, using an embodied goal-setting tool that speeds up our work together massively



FROM BLOCKED TO UNLEASHED

What I know is that our blocks are actually gifts that help us, when released, to unleash our true unlimited potential. Reframing allows us to transform past inner critical voices into guidance & support.



CREATIVE ACTION LEARNING

Through creating & implementing solution-focused success steps you will build your confidence, self-belief & momentum. Knowledge applied into action is one of the biggest tools for transformation & learning you have in your toolkit. So let's grow...



YOUR WEEK TO WEEK

ATTITUDE OF GRATITUDE

Being honestly thankful for our day-to-day life builds neural pathways that enable more instances in our lives to be grateful. Combine this practice with focused, self reflective, success steps & miracles really do occur.



ROAD TESTING YOUR VISION & GOALS

By now in the process momentum is in place, so maybe you've found new aspects to your vision & goals you want to tweak, enhance or even let go.

Great - these are your dreams & you are in charge of your destiny

FUTURE FOCUSED + CELEBRATION

You are amazing, you've gained so much from your process, now we will embed the wins, capture the joys, learn from your highs & lows & make a future proof plan...

YOU KNOW WHERE YOU ARE GOING & HOW TO GET THERE





ANNA B. SEXTON

COACH, AUTHOR, EDUCATOR, SPEAKER

Anna stands out because she genuinely understands others and has a wide range of creative skills, including coaching, mentoring, and mindfulness. When you work with Anna, you're choosing someone who can truly inspire creativity and help you achieve long-term success.

Socially engaged leader, educator, author, coach, artist, & community engagement practitioner. Speaker & podcaster.

Clinical solution-focused hypnotherapist & psychotherapist, certified MHFA.

Anna has run a freelance consultancy since 2003, and Open To Create... since 2006.

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