



# ASHLEY FLUELLEN

ARTIST | CREATIVITY COACH



Resist Perfection.



# RESIST PERFECTION

Our lives are necessitated by creativity.

We move through situations, everyday & in the long term, without always having access to the "right" answer.

Engaging in a creative practice allows us to practice adaptability, develop innovative thinking and, more importantly, resist perfection.

Using the following creative foundations, I help creative professionals resist perfectionism by tapping into their innate creativity.



## Reclamation Series

Reclamation Series workshops ask practitioners to reclaim how they show up in their role. These workshops encourage inner-child work by engaging in practices that draw inspiration from core interests, strengthen confidence, and cultivate a supportive environment where every member feels empowered to bring their authentic self to the table.

## Abstraction Series

Abstraction Series workshops encourage innovation. We will practice thinking outside of the box by playing with composition, color, and symbolism when making creative decisions. This workshop is ideal for teams seeking to challenge conventional approaches and explore new ways of expressing ideas.

## Collaboration Series

Collaboration Series workshops aim to foster synergy within groups. Participants must navigate prompt-changes, team-swaps, and imposed handicaps while working toward completion of a task. This process allows for individuals to practice using different communication modalities. Participating in these workshops promotes non-hierarchical decision-making and advocacy within groups.

## Incubation Series

There's no class that teaches how to surrender; to an idea, to a process, or to a calling. Incubation Series workshops provides space for surrender. Participants will explore their relationship to rest creating a piece of artwork without relying on a preconceived plan. By striving for zero, practitioners have space to reflect and drop into a state of flow.

# Walk Away With:

- A renewed sense of creative confidence
- Practical tools for overcoming creative blocks
- Strengthened team collaboration skills
- A mindset shift toward progress over perfection
- Hands-on experience in a creative medium
- Heightened comfort with ambiguity, iteration, and organic problem-solving
- Stronger communication and feedback skills
- A completed piece of artwork that you & your team can appreciate forever!



*"As consultants, it is rare that we get the opportunity to pause and let our mind go, so having the opportunity to create paintings and think abstractly was very freeing and relaxing. Would absolutely book again!"*

**-Past Client, West Monroe Consulting, 2024**