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Communicating from the Heart: The Empowered Mother Daughter Relationship Archives Available

January 06th 2015: Cultivating Courageous Self-Expression Through Creativity

Finding our voice and fully expressing ourselves from an authentic and open place can often seem like a scary or difficult thing. Yet once we allow ourselves to open our hearts and share what is within, we find that it may not actually have been as scary as we led ourselves to believe. Join us this week as we discuss the power of self expression and the very important role of creativity in our lives. We are also welcoming a very special guest, Helen Bradley, a Certified Expressive Art Facilitator, Professional Creativity Coach, and our dear friend. She will share with us her experience

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Featured Guest

Guest Image

Helen Bradley

Helen Bradley is a Transformational Creativity Coach and the Owner and Chief Facilitator at Playful Art Studio, a safe haven for adults to relearn & reengage with their creative self expression, play again and witness their own transformation in a FUN way! Many of Helen's clients have gained confidence and discovered their ability to connect to "who they really are", which is part of her mission. Some have even changed professions, written books, and become professional Artists. Helen grew up in Texas and started her professional life as a Kindergarten/ Preschool teacher after obtaining her Bachelor of Science degree in Home Economics/Child Development from Texas Tech University. Sh

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