



**Creative Catalyst Workshop Series  
Watering the Seeds of Our Dreams**

November 9, 2021

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**Things people are celebrating...**

- Sunshine!
- The delightful colour show happening in the woods outside.
- New life
- Having plantain snacks for this event
- Being part of this group
- Life
- Sunshine, creativity and community!
- A magnificent bald eagle circling outside my window. Saying hi I think
- Getting engaged a month ago!
- Life and good health thanks
- Opportunities to learn
- Great music and moments of play with little people
- Snow
- Everyone around me

**Some of our unfulfilled Dreams**

- Travel on my own to a new country
- I haven't created a collage of family photos
- Publishing a blog
- expanding peer mediation program to other schools
- Sharing at an poetry open mic night
- Completing Art of Facilitation someday!
- To bring community drumming to Chilliwack
- An anthology of short performances by female bodied people about their bodies (literal) of knowledge
- handbuilt home for someone who needs it
- Writing a book
- Sculpting clay
- This year I have done lots of art for others (Commissions) but not for myself. so I will take this last 2 months of 2021 to create for me
- Coaching a girls' football team
- Traveling the world skateboarding
- Finding other dj's in Tucson and playing parties again!
- Regular freestyle cipher with my friends
- Girls mentorship program

- Partner with an environmental nonprofit in Seattle, WA
- being in nature for days, without schedules or to do's, so I can be creative w/ my time
- opening a healing center based on arts and being in the wild forest and land

### **Appreciation for your partner in the sharing activity**

- Real and honest :)
- kindness!
- inspiration
- Honesty
- openness
- inspiration!
- openness
- Warm and open
- affirming
- dreaming
- Gratitude for the reflective listening
- I appreciated how people answered the question in a way that was true for them - what we wanted to water could be tangible or intangible
- vulnerability
- Full of humour
- Courage
- Courageous
- I appreciate the way we connected
- dreamer, vulnerable
- Openness
- Purposeful
- Connection
- Love their enthusiasm, vulnerability, connection and empathy

### **“Before this year ends, I will...”**

- Spend some sweet time creating art with earthen plasters and share it with someone! *Natasha D*
- Experiment with storytelling in three different ways with others. *Devon L*
- Stay present in the unknown and allow each experience to lead to the next. *Cara S*
- Tap into a deeper source. *Alan W*
- Publish. *Zoë G*
- Complete the rhythm/percussion card deck to share with the school district, and complete the watercolor Christmas cards for my family. *Jill K*
- Write and record a hip hop song. *Adam R*
- Bring together stakeholders in the Tukwila school district to advocate for peer mediation programs and create a proposal and find funding sources. *Sharon M*
- Spend time creating a handmade artist' book with photographs of a healing period I have just gone through. *Nina F*

- Create many creative stories. *Aida G*
- Write and record a song "SENSE THE TONE." *Stef T*
- Stop putting myself on hold...dive into my creative side to achieve the goals I've put on hold. I am worth it! *Cristina P*
- Trust the creative process of networking and brainstorming with environmental justice/water justice and let the magic happen! *Jennifer A*
- Be hosted by a national radio station to talk about my projects. *Henry M*
- Claim my time, dance in ceremony and move to be a contractor. *Kerensa M*
- Share at a poetry open mic night and share spoken word / poetry videos on my social media. *Naomi G*

Connect with the facilitator:

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