

## The 7-Week Intensive FAQ's



### Why would I do A.R.T Your Life?

A.R.T is not about finger painting nor drawing. It is what we need to do when we want more out of ourselves and our lives.

**Activate** your self-awareness

**Reshape** your thinking

**Transform** your life!

Habits, health, wealth, relationships, parenting, communication, confidence, life (relationships, health, confidence and happiness) The bottom line is YOU matter, YOU are important and the relationship you have with you impacts EVERYTHING - at work, rest and play!



### How many people are in a program?

You are not a number. The 7-week program is about quality and not quantity. I am proud of its reputation as a highly personalised personal and professional growth program. To ensure that all program participants get the attention, motivation and accountability they need numbers are limited to 20 face to face and 10 online.



### What can I expect?

A participant in my most recent program posted this on Facebook.

*'Darwin ladies - I have just finished the ART Your Life course with Catie and it was amazing! (no painting or craft involved). I learnt so much about myself, my habits, my reactions, my behaviours and what makes me (and others) tick. It has had an incredible impact on my life and given me practical tools to move into the future with a clearer vision, deeper understanding, peace in the present moment and loads of excitement for what is ahead. I promise there is no fluffy 'psychobabble' or 'whoowhoo' hype - it is just gutsy, real, practical and loads of fun'.*

I think Nat's post sums the program up beautifully. As a presenter I am very down to earth, and I take what I do very seriously. My promise to you is that throughout the program I will hold your hand, embrace your heart, have your back and walk beside you every step of the way. If you could create the changes in life that you want, on your own, you would have already done it by now.



### Is the program a 'share fest'?

Definitely not! There is no obligation or need for you to share your experiences with the wider group. I NEVER put anyone on the spot and there is no role playing nor pressure to divulge anything. I do encourage the sharing of insights, observations, learnings and of course questions.



### What if I miss a live workshop?

All of the workshops are live streamed to online participants and will be recorded. You can either join online or watch the recording so that you don't miss out on anything.

**"YOU are the only person you go to sleep with every night and wake up with every day. The relationship YOU have with YOU is the most important relationship you have"** - Catie Kirke



## The 7-Week Intensive FAQ's continued...



### **What if I cannot be online for the weekly webinars?**

All of the live online webinars are recorded with the link uploaded to your private Facebook Group to ensure you do not miss out. This also gives you ongoing access to the content to re-listen whenever you feel like a refresh.



### **What do I wear?**

We simply encourage you to come as YOU. Our Headquarters is an iconic old, elevated Darwin home with polished floorboards, lots of natural light and a very welcoming energy. If you are a Darwinite who feels the cold I recommend you bring a scarf or a cardigan.

If you are doing the program online then please make yourself comfy in your own space and yes I will encourage you to have your webcam on so that we can see you ☺



### **What if I feel I can't afford it?**

I have learned that we find the money to pay for what we choose to prioritise in life. Getting your nails done, buying coffees and soft drink, eating out, enjoying a bubbly or two or having an espresso martini - it all adds up!

Thing is that nothing is more important than investing in than your confidence, potential, happiness and health and I have a range of payment plans to help you do this.



### **Darwin is a small place - what about confidentiality?**

I have now been running this program for over a decade and in that time have seen nothing but respect and confidentiality being upheld within a group. As a standard precaution all participants and staff are required to sign a legally binding confidentiality agreement prior to program participation.

**"If you could do it alone,  
you already would have done it by now!"** - Catie Kirke



0411 383 761



catie@artyourlife.com.au



artyourlife.com.au



PO BOX 1264,  
Nightcliff NT 0814