

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 group and yet individualized personal and professional development program. To ensure all participants get the attention, motivation and accountability they need and deserve numbers are limited to 16.



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?

We have become very flexible and will cater for your needs as best we can. Depending on which workshop it is we can Zoom 'you in' or I will catch you up with the content one to one. In this current climate of isolation etc we adapt easily.

"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.



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**

