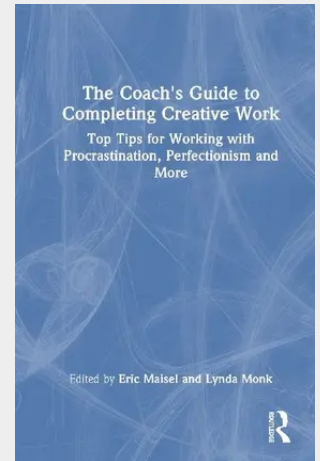


The Coach's Guide to Completing Creative Work

Top Tips for Working with Procrastination, Perfectionism and More

This book brings together 38 creativity coaches from around the world to offer coaches, therapists, creatives and clients accessible and practical tools to get their creative work done. Curated by two leading creativity coaches, these chapters seek to help coaches and clients alike tackle common challenges that all creatives face when finishing a project. Chapters cover topics such as procrastination, failure, accountability, perfectionism, mindfulness, the importance of support, perseverance and more, with each section finishing with tips for both clients and coaches that can be used in sessions. Filled with rich case studies and true stories from creativity coaches throughout, this book addresses the current issues of our times, such as the distractions of social media, remote working and the effects of the COVID-19 pandemic. Applicable to a range of creative disciplines, this book is essential reading for coaches, therapists and their creative clients looking to complete their creative work efficiently and effectively.

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