

STOKED!

A PROGRAM FOR CREATIVITY IN CRISIS

If a relaxed mind is a creative mind, then what happens in a global pandemic and social unrest? We are finding out, aren't we?

This crisis has left us cognitively depleted with nothing in the tank. Even the best of us are struggling. And our ideas are at risk! The thing is creativity is a higher-order process, which comes after basic survival, and it's not as accessible as it used to be. But there is support... and that's what *STOKED!* is all about.

STOKED! is designed to help creatives process what they're going through, clear the blocks, and ultimately, prime the mindset for idea generation.



*"Creativity is born from anguish,
just like the day is born from the dark night"*

- Albert Einstein

BENEFITS FOR YOUR TEAM

- ✓ Prime the mindset for idea generation
- ✓ Reduce stress and increases productivity
- ✓ Create space to process and channel emotions
- ✓ Fuel creativity, openness and inspiration
- ✓ Improve team dynamics and communication

THE CURRICULUM

Customize your program by choosing 6 x 75-minute offerings.

ILLUMINATE

- Self Care & Creativity
- Diversity, Inclusion & Equality
- Meditation for Focus
- Yoga Nidra

NAVIGATE

- The New Normal
- Parenting in a Pandemic
- Trigger & Trauma Talk
- Let It Out Journaling

ELEVATE

- Conscious Communication
- Pyramid Breath Work
- Improv to Ideate
- Prime a Possibility Mindset

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*Aubree leads with vulnerability, energy and undeniable strength.
She is unlike any other person I've known and her workshop follows suit!*

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STOKED! FOUNDER: AUBREE NICHOLS



Aubree has a deep understanding of the cultural and energetic drivers of organizations and the humans that give them life. Her industry experience, self-care creds, and deep empathy perfectly position her to support the creative community throughout these uncertain times. Aubree is wired to do this work.

MASTER FACILITATOR

With 15+ years working in creative industries and an MA in Organizational Change, Aubree has the ability to both ground and ignite, helping individuals and teams get unstuck. She is an architect of profound transformation with the intuition and presence to give each group exactly what they need.

WRITER

Aubree's raw and real style allows her writing for *The Week*, *Elite Daily*, and *Observer*, to solidify her voice in the self-love movement. She is working on her first memoir, *Enough*, that will inspire women to reclaim their power and cultivate a loving relationship with themselves.

"My intention is to illuminate the darkness so that others may live in the light."

PODCAST APPEARANCES



CLIENTS

MIAMI AD SCHOOL



GET IN TOUCH TO CUSTOMIZE YOUR PROGRAM