



# ***CREATIVE DOULA CONTAINERS***

with Nicolene Burger



# *YOU DO NOT NEED TO BE A VISUAL ARTIST TO WORK ON YOUR CREATIVITY!*

## **I have worked with:**

- Entrepreneurs
- Engineers
- Medical doctors
- Actors & public speaker
- Musicians & Sound healer
- Influencers
- Event organisers
- Product owners
- Massage therapists
- Writers & academics
- Facilitators
- Students
- Visual artists
- AND MORE







# **CREATIVE POWER CONTAINER**

## 4-Session Creative Immersion





*Are you holding back from  
being the most powerful  
creative you can be?*

*Are you hiding from your  
creative dreams?*

The 1-1 Creative Power  
Container is an  
immersive creative  
journey to step into your  
full creative potential and  
birth your dreams





## **Details:**

- **4x 1-1 sessions in-person/online**
- **3x personalized workbooks of self-practice and execution deadlines in between the 1-1 sessions**
- **Sessions spread over max 4 months**
- **South African Creatives: R6500**
- **International Creatives: \$400/€400**
- **Payment plan options & PayPal available**
- **BOOK: [burgernicolene3@gmail.com](mailto:burgernicolene3@gmail.com)**



# For Creatives Who Want To:

- go on an immersive creative journey.
- carve out a special time with your inner creator.
- invest in improving your practice.
- hire a consultant for a specific project.
- incorporate my feedback and prompts into your work over a longer period of time.
- redefine your creative identity.
- realign with the "why" of what you do.
- develop a creative social media or business strategy.
- teach workshops, facilitate sessions, or build courses.
- focus on and develop your skills in a specific medium or area of your life/career.

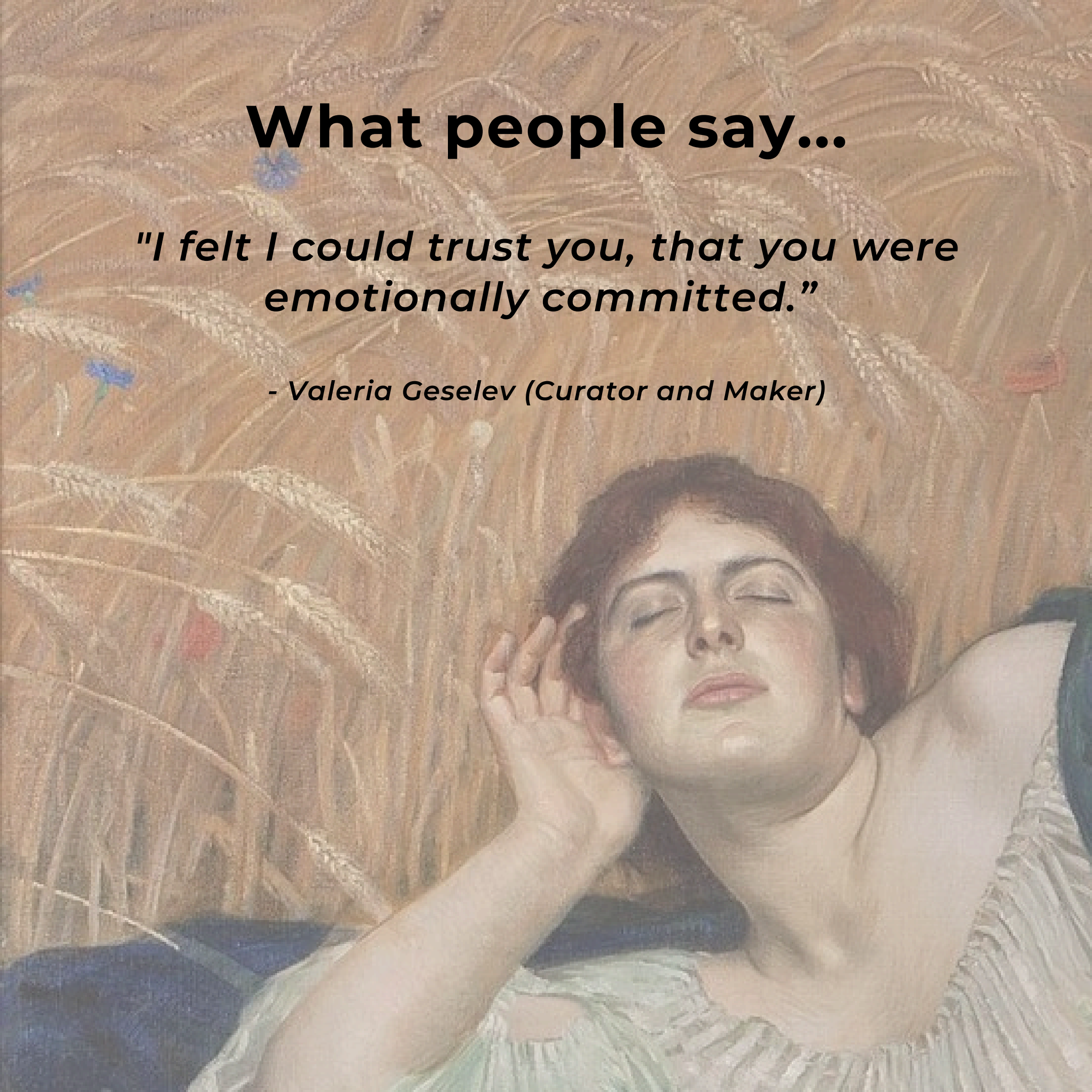




# What people say...

*"I felt I could trust you, that you were emotionally committed."*

*- Valeria Geselev (Curator and Maker)*







# ***EXECUTION CONTAINER***

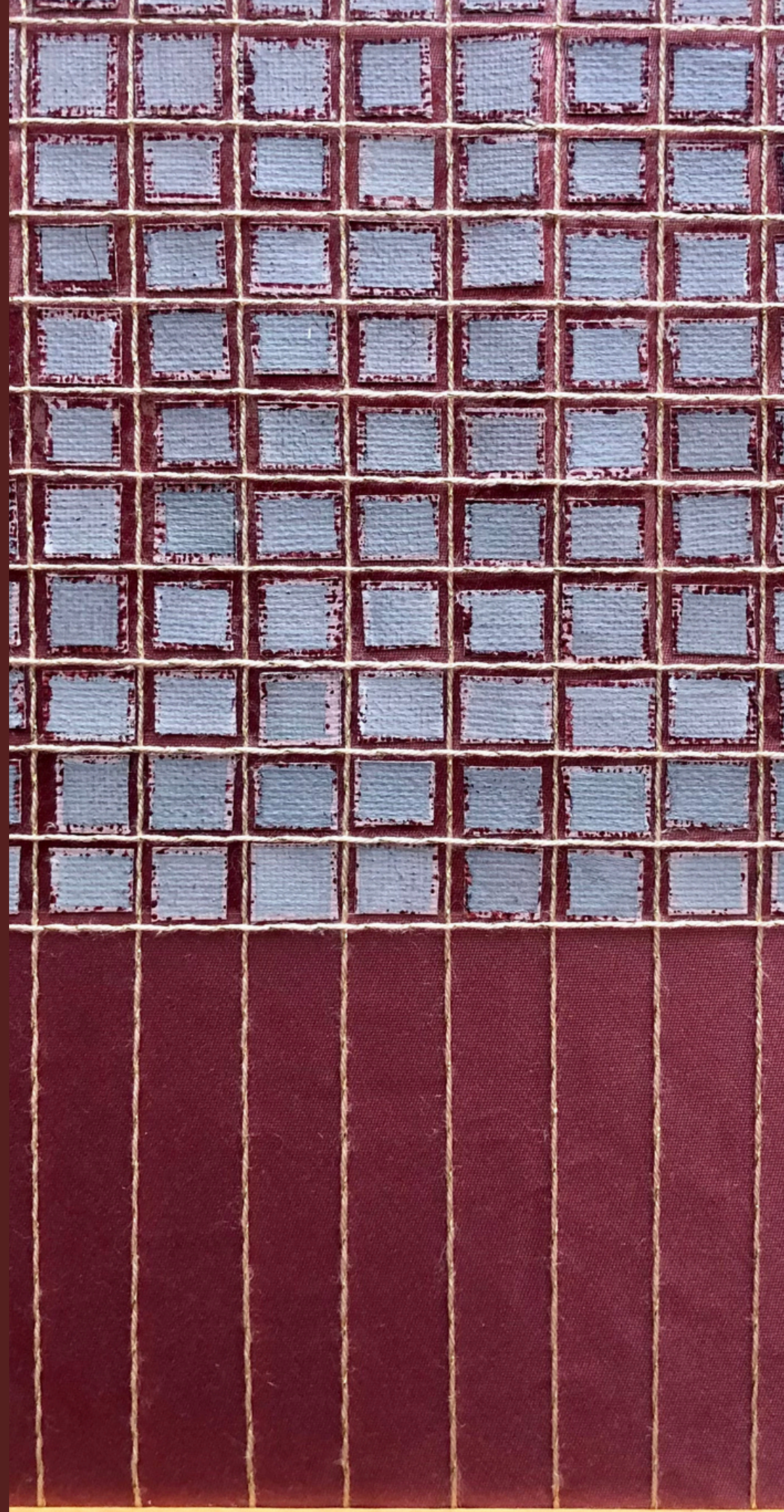
3-Session Unblocking Intensive



*Have you noticed a  
pattern in your  
creativity of getting  
blocked or stuck?*

*Does your unclarity of  
misdirection feel  
complicated and  
layered?*

The 1-1 Execution  
Container is an  
intensive look at a  
personal creative  
block





## Details:

- 3x 1-1 sessions
- online/in-person at my studio (90mins)
- 2x personalized self-practice workbooks with prompts and execution deadlines in between the 1-1 sessions
- Sessions spread over 4-5 months
- South African Creatives: R4500
- International Creatives: \$300/€300
- Payment plan options & PayPal available
- BOOK:  
[burgernicolene3@gmail.com](mailto:burgernicolene3@gmail.com)







## For Creatives Who Want:

- execute/finish a specific project or build an offering.
- discuss more than one creative aspect of their work (for example, someone might want to work on their relationship with critique and brainstorm a specific project).
- to make a career out of creativity or your career more creative.
- break through a starting/finishing/perfectionism/comparison etc. block.





## **What people say...**

*"Thank you for helping me! You have freed me so much already and given me a new perspective on my art and things that I create in general"*

*- Samantha (Illustrator and writer)*





# ***FEEDBACK CONTAINER***

2-Session Creative Integration



*Are you working on a  
specific  
project/process/block  
and need a  
concentrated period  
of accountability?*

The 1-1 Feedback  
Container is an  
opportunity to  
integrate feedback  
over a couple of  
weeks







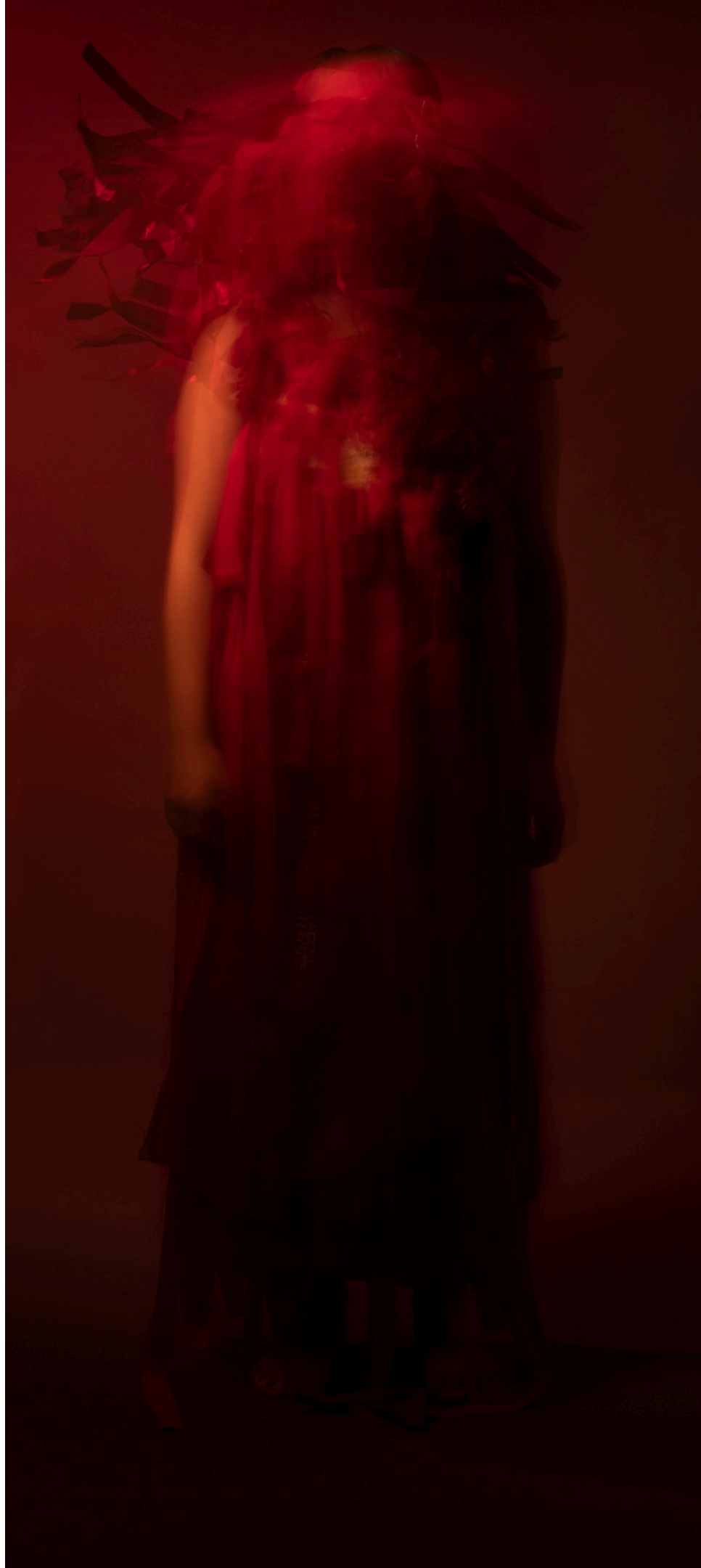
## Details:

- 2x 1-1 sessions
- online/in-person at my studio (90mins)
- 1x personalized self-practice workbook with prompts and execution deadlines in between the 1-1 sessions
- Sessions spread over 2-3 months
- South African Creatives: R2900
- International Creatives: \$200/€200
- Payment plan options & PayPal available
- BOOK:  
[burgernicolene3@gmail.com](mailto:burgernicolene3@gmail.com)



## For Creatives Who Want To:

- go on a short creative journey with me.
- have time to integrate my feedback, questions, and reflections between sessions.
- implement a creative business strategy/process over a few weeks.





# What people say...

*"The intensive container I did with Nicolene was life-changing! I felt empowered and excited to make my artistic dreams come true."*

*- Quilene le Roux (independent artist and workshop facilitator)*







# **CATALYST SESSION**

A Once Off Drop-In





*Have you been postponing starting a project/creative practice?*

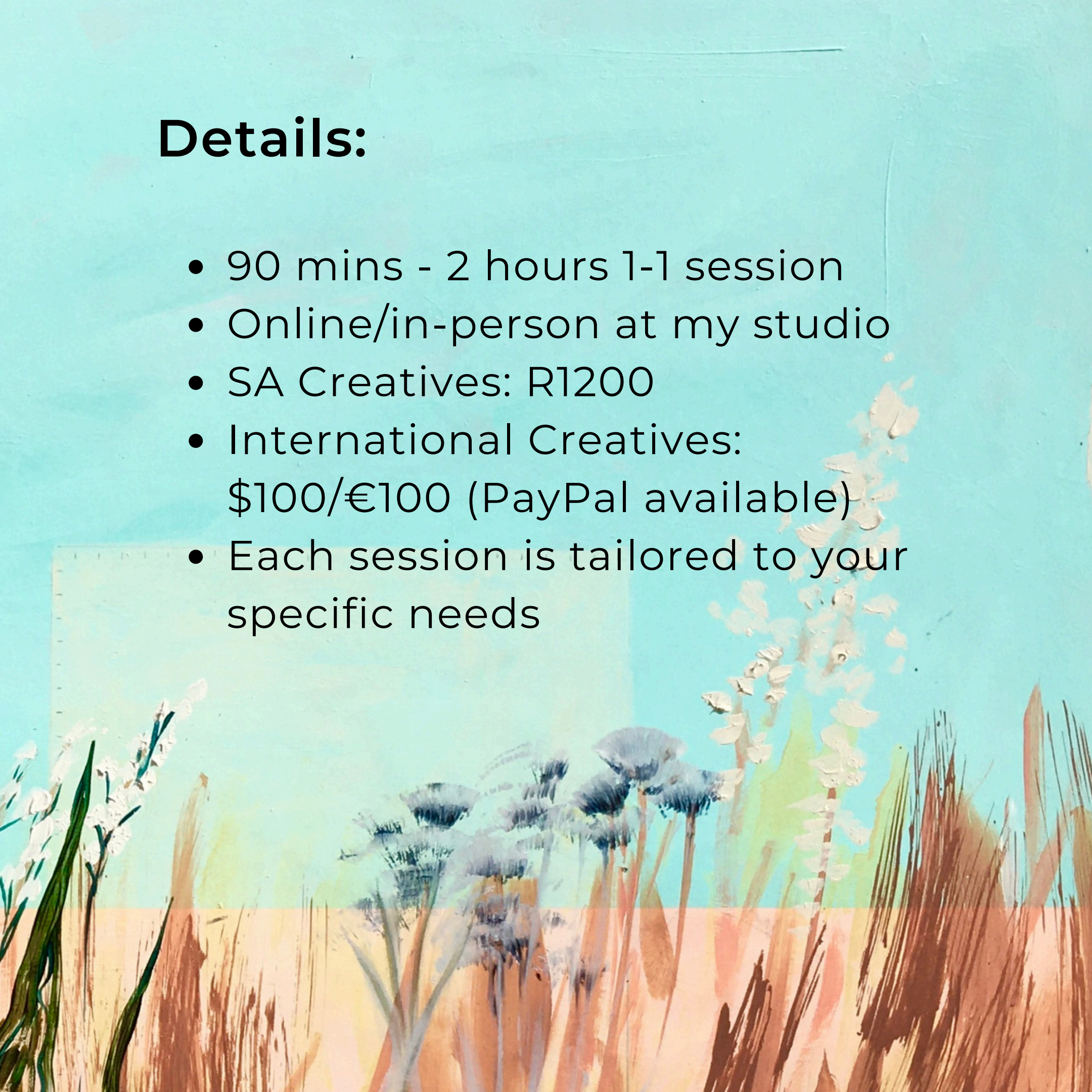
*Have you been avoiding the “next” step you know you should take?*

**The 1-1 Catalyst Session is focused on starting any creative process**



# Details:

- 90 mins - 2 hours 1-1 session
- Online/in-person at my studio
- SA Creatives: R1200
- International Creatives:  
\$100/€100 (PayPal available)
- Each session is tailored to your  
specific needs







## For Creatives Who Want:

- a fresh perspective.
- a basic consultation to identify action steps.
- an inspiring (art) chat to revive your creative fire.
- to be prompted to realign with what you are trying to create
  - (i.e. you will tell me why you are doing what you are doing and I'll ask some critical questions to help you redefine or redirect it).



# What people say...

*“An incredibly empowering, catalysing and insightful experience. A cosy safe space. Worth every penny.”*

- Tarien Bruwer (Designer transitioned to Visual Artist)