

An abstract painting with a textured, painterly style. The central focus is a large, vibrant orange and yellow area that resembles a flame or a sunburst, with swirling, organic patterns. This central area is surrounded by darker, more muted tones of red, brown, and blue, which are also textured with visible brushstrokes. The overall composition is dynamic and expressive, with a strong sense of movement and energy. The text is overlaid on the upper portion of the painting, specifically on the orange and yellow area.

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 (earning in rands): R6500
- International Creatives: \$458/€400
- Payment plan options & PayPal available
- BOOK: burgernicolene3@gmail.com

For Creatives Who Want To:

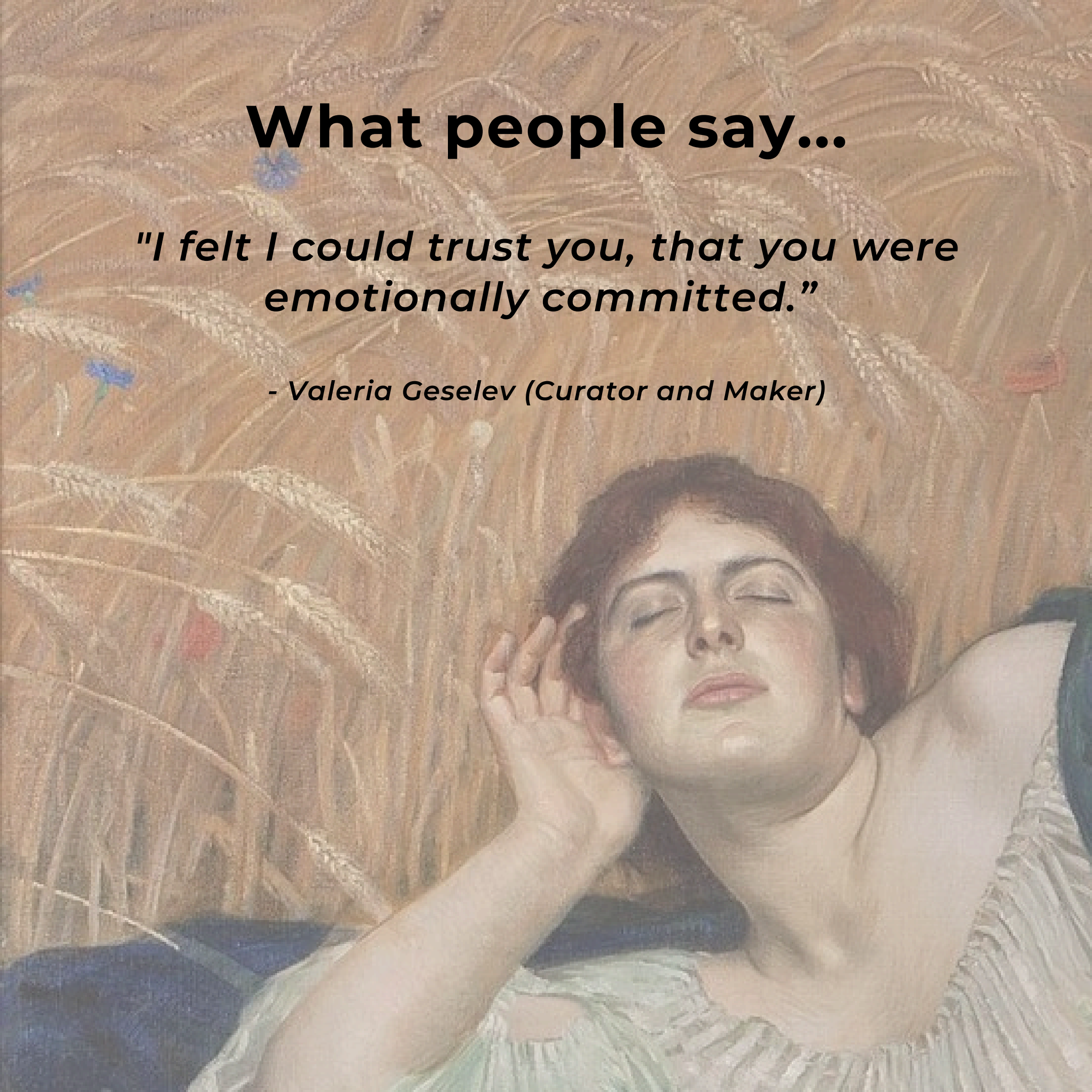
- go on an immersive creative journey.
- carve out a special time with your inner creator.
- invest in improving your practice.
- hire a consultant for a specific project.
- incorporate my feedback and prompts into your work over a longer period of time.
- redefine your creative identity.
- realign with 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)





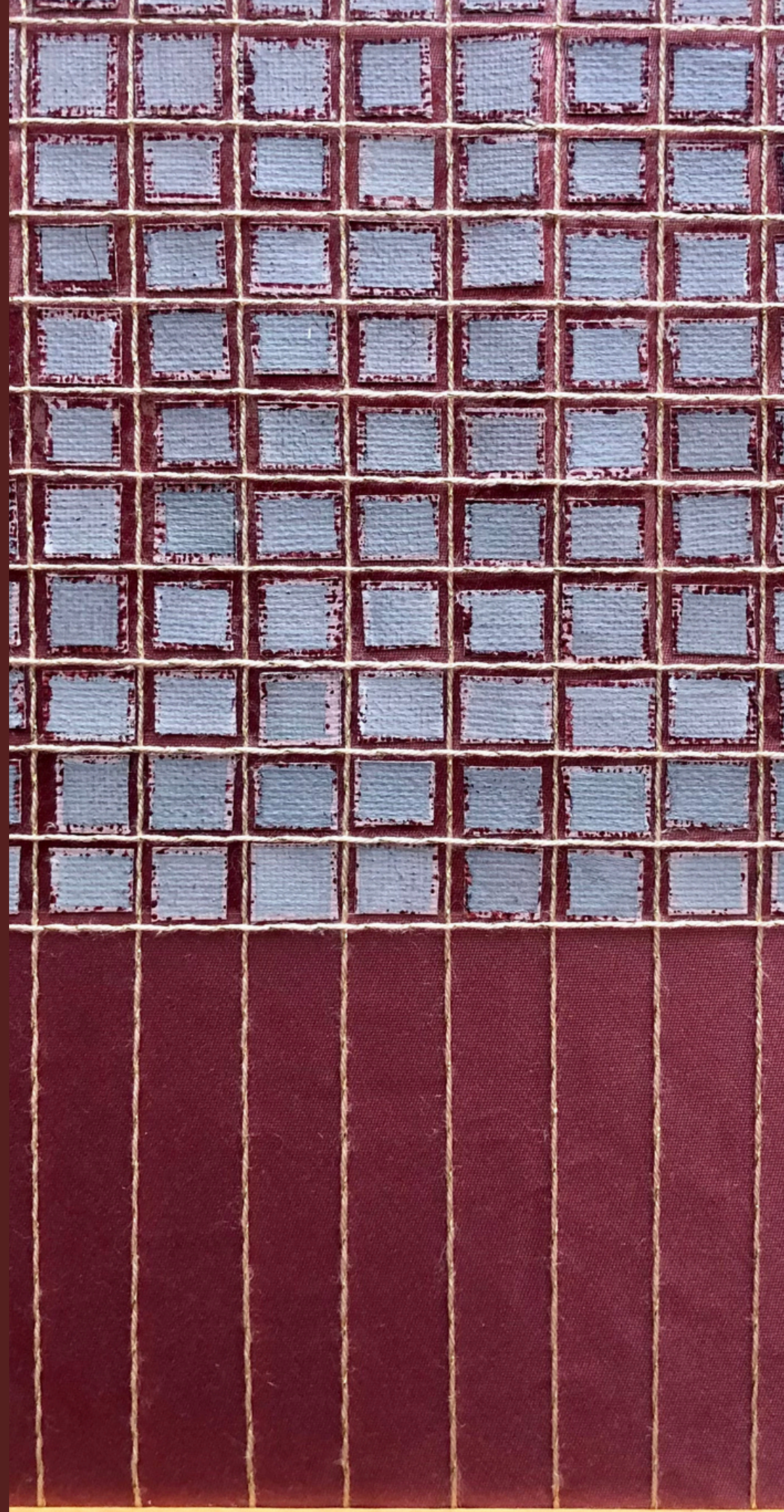
EXECUTION CONTAINER

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 (earning in rands): R4500
- International Creatives: \$350/€300
- Payment plan options & PayPal available
- BOOK:
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



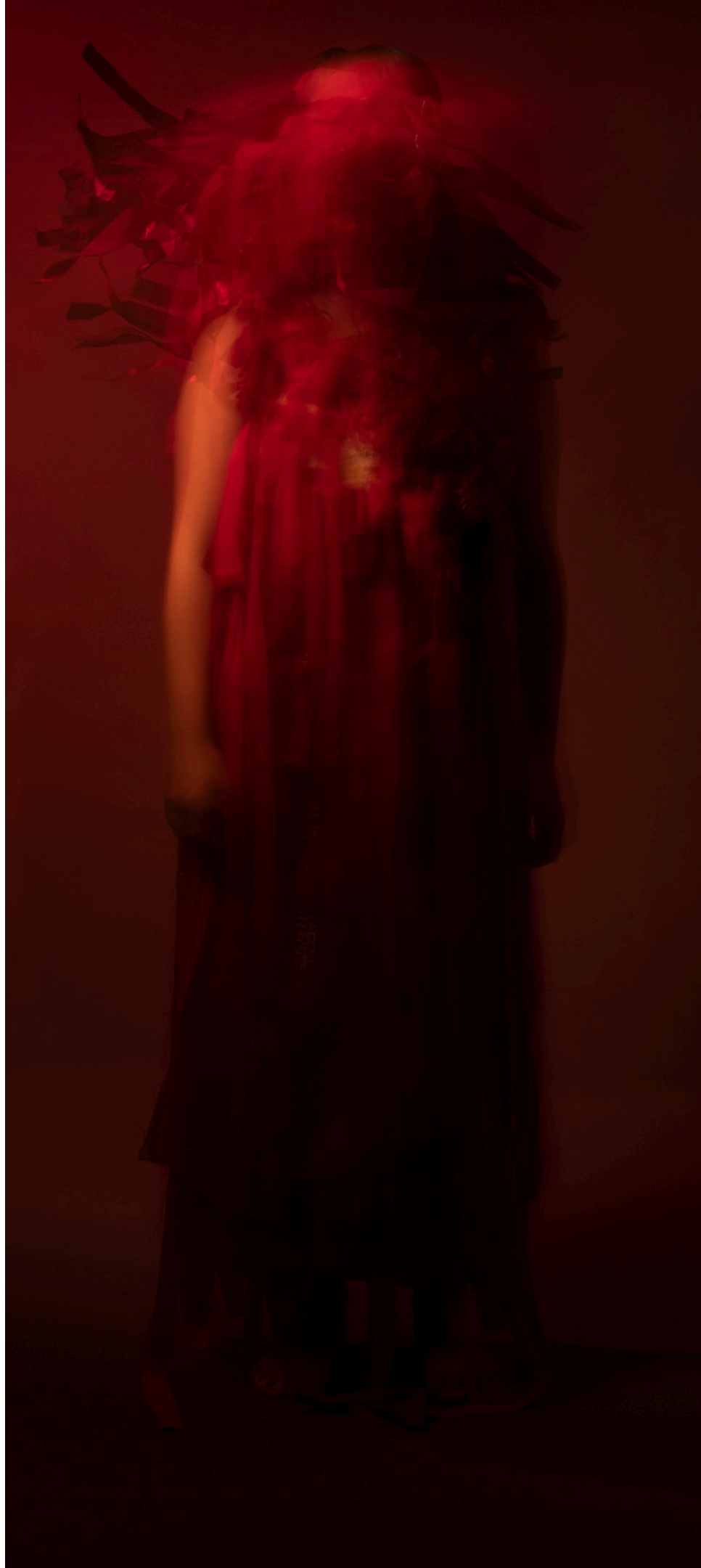


Details:

- 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 (earning in rands): R2900
- International Creatives: \$230/€200
- Payment plan options & PayPal available
- BOOK:
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



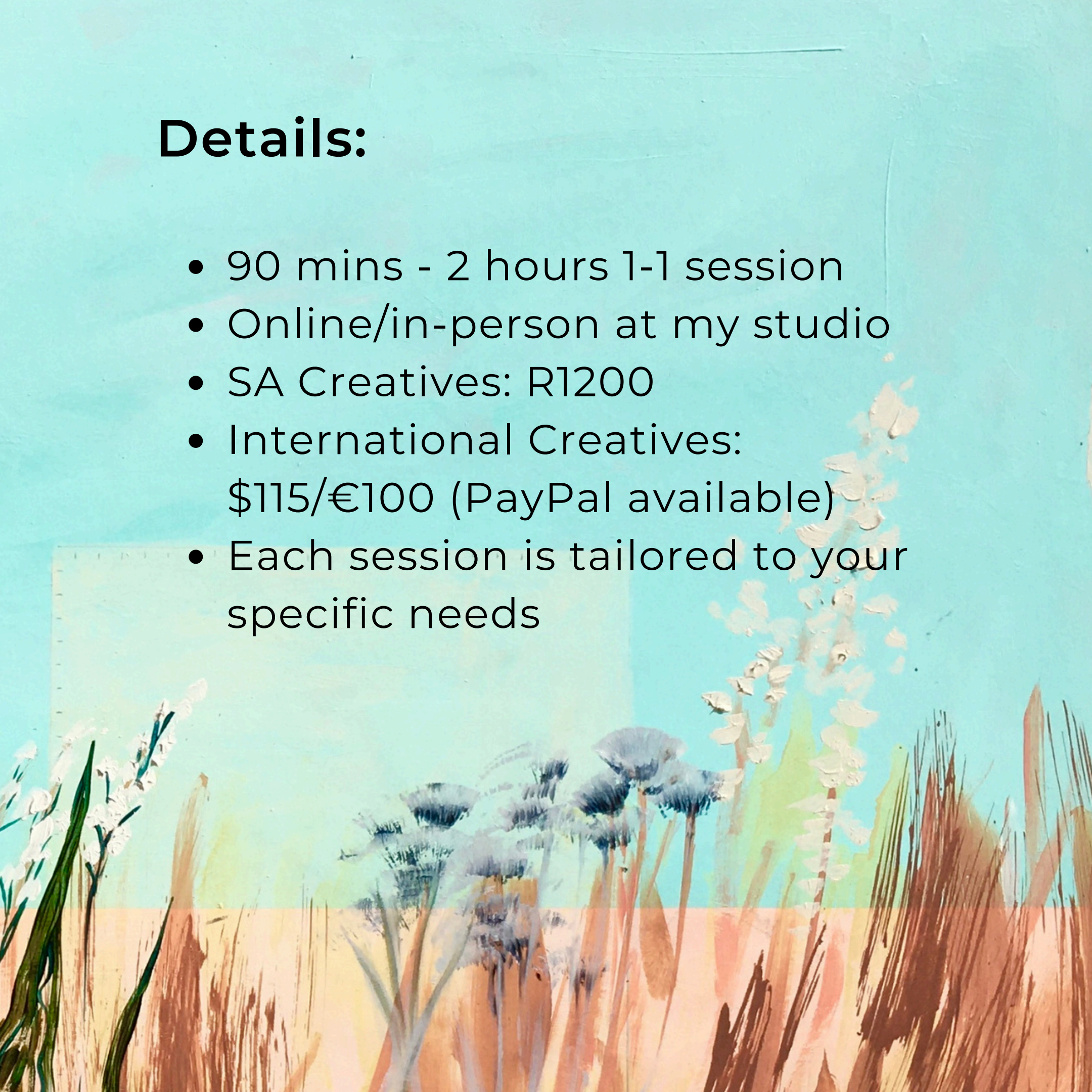
Have you been postponing starting a project/creative practice?

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:
\$115/€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)