

ARTISTS THRIVE ACTIVITIES: ONE-ON-ONE ARTIST CONSULTATIONS

WHAT: The Artists Thrive assessment tool can be a great launching pad for a one-on-one consultation with an artist allowing you to gain a better understanding of where artists are at on their journey and focusing the conversation on areas of most relevance.

WHO: Artists + Mentors, consultants or others who provide individual consultations to artists

WHERE: Could be virtual or in-person at any mutually convenient venue with minimal distractions to allow you to devote your full attention to the artist

TIME: Up to you, but typically 45 minutes to 1.5 hours for consultation plus prep time

SUPPLIES:

- None needed in addition to the resources available online at www.artiststhrive.org

HOW:

1. *Invite the artist's input to the current tool* (15-30 minutes, in advance): Invite the artist to complete the I Am an Artist self-assessment at <https://www.artiststhrive.org/assess> and share the results with you in advance of your one-on-one consultation.
 - a. The artist can share the online results at the end of the survey.
 - b. The artist can also select to print and save the survey as a pdf.
 - c. The artist does not need to take the entire survey in order to share their results. They could choose to answer only questions they choose and/or focus the conversation on only one or two categories that feel most relevant right now.
2. [Optional alternative] *Create your own tool and invite the artist's input* (15-30 minutes, in advance plus time to create your tool): Alternatively, you could create a modified version of the survey by pulling out language that resonates with you and offering it in a variety of formats. For example, you could use only the “thriving” statements and ask the artists to respond by indicating how true this statement feels for them on a scale of 1 to 5. The possibilities are endless!
3. *Prepare* (30-60 minutes, in advance): After receiving the artist's responses, take time to review them in advance of your meeting so you have a more robust understanding of where

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RAISING THE VALUE OF ARTISTS IN EVERY COMMUNITY.

they are on their journey and how you can support them along the way. You might identify stories from peer artists around the country to share with the artist at the <https://www.artiststhrive.org/thriving-stories> and/or resources that are relevant to your conversation: <https://www.artiststhrive.org/i-am-an-artist-resources>.

4. *Offer consultation* (40-70 min): During your one-on-one consultation, be sure not to bring assumptions to the conversation based on your review of their results. Stay curious, listen deeply, and ask questions to prompt your artist to imagine what their desired future looks like and how they might take steps in that direction.
5. *Goals* (5-10 min): Invite the artist to set goals they might like to share for what actions they plan to take as a result of this conversation. Encourage your artist to be specific and timely and to write down their goals. For templates to SMART and WOOP goals, go to <https://www.artiststhrive.org/set-goals>.
6. *Gratitude* (5 min): Thank the artist for sharing with you. Ask how they are feeling after the session. Share any anticipated next steps or follow-up.

TIPS:

1. Keep in mind that this tool is for personal reflection and improvement, not collecting data. Unless an artist chooses to share their responses via the website or by sharing their personal bookmark, their data remains private and anonymous. This means an artist can take the tool again and again without any concern for how that data might be used or interpreted by third parties.