

ARTiculate

The Speaker's Bureau for the Business of Art
www.articulateOK.org

SIX STEPS TO OVERCOME PROCRASTINATION AND PERFECTIONISM

Speaker: Romney Nesbitt

Length: 30-45 minutes. Can be lengthened.

Procrastination and perfectionism are the two thieves of your time and energy. Daily life is full of interruptions, distractions and limited time. Learn how to create “in the middle of things” by following six easy steps.



About the Speaker:

Romney Nesbitt is a Creativity Coach, artist, author and art teacher with a BFA in art, MA in Art and a Master of Divinity degree. She is author of “Secrets from a Creativity Coach” and writes a creativity coaching column for Art Focus Oklahoma magazine. She has worked in the art field for over 30 years as a painter, teacher, college professor, illustrator and courtroom artist. She teaches a series of classes on creativity for Tulsa Community College and is an adjunct professor at Phillips Theological Seminary in Tulsa. She presents workshops on the creative process locally and nationally. In her coaching practice, she helps people problem-solve their way out of limiting thinking in order to reach their creative goals.

Location: Jenks

Will travel: 200 miles on weekends, 100 miles on weekdays

Maximum number of attendees: NA

Speaker Fee: \$150

Facility needs: Dry erase or chalk board, podium, table for selling books

Ready to book a speaker? Need help?

Contact the Oklahoma Visual Arts Coalition at
405-879-2400 or publications@ovac-ok.org.