

# SPEAKING, PERFORMING, & FACILITATION PROPOSAL

*Dr. Merideth Hite Estevez*

[artistsforjoy.org](http://artistsforjoy.org)

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ARTISTS FOR  
JOY



## Artists need well-being resources as unique as they are.

Thank you for opportunity to submit a proposal for my speaking, performing, and workshop offerings. This proposal will give you more background on my experience, areas of expertise, and details about my speaking packages and pricing.

If you would like to design something unique to your community that fits into a specific topic, time-frame, or budget, I would love to help. Email me at [hello@artistsforjoy.org](mailto:hello@artistsforjoy.org) and we can set up a Zoom call to discuss. These prices are a starting point, and I am always open to discussing what is possible.

I look forward to hearing from you and will be available to answer any questions you have and clarify anything within this proposal.

With joy,  
Merideth Hite Estevez  
Artists for Joy



## More about me:

Dr. Merideth Hite Estevez is a spiritual space-maker for artists as a writer, coach, educator, and performer. As an oboist, Merideth has performed with top orchestras in the US and abroad, including the Met Opera and PhillyPops, and is currently the English hornist/Second Oboe of the Chamber Orchestra of NY. She has served on faculties of numerous universities and schools of music, most recently as Associate Professor of Oboe at University of Delaware.

She has been a featured speaker at Google, Longy School of Music, ShePodcasts LIVE, Hope\*writers, Music Institute of Chicago, and more. As a coach, she has helped thousands of artists overcome creative block through her popular online creative recovery clusters and has served as an executive coach for all types of arts leaders, from major museum directors to deans of conservatories and art schools.

Dr. Estevez's award-winning podcast, *Artists for Joy*, was in the top 250 podcasts in the US in the Self-Help category in January 2023 and is currently top 2% of podcasts worldwide. Her first book, "The Artist's Joy: A Guide to Getting Unstuck, Embracing Imperfection, and Loving Your Creative Life," debuts in Spring 2024 from Broadleaf Books.

Originally from South Carolina, Merideth now resides in Metro Detroit, Michigan with her husband Rev. Edwin Estevez, daughter Eva, and son Eli.

# OFFERINGS

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## **"The Artist's Joy" Well-Being Curriculum**

- My book "The Artist's Joy: A Guide to Getting Unstuck, Embracing Imperfection, and Loving Your Creative Life" was designed so it could be taught as a well-being curriculum for creative communities. From freshmen to grad students, from career artists to dabblers, these interactive "joy lessons" will help learners gain self-coaching tools to become more resilient, courageous, and joyful creators. Stress-management, self-care, goal crafting, and designing a sustainable creative routine, are a few of the skills participants take away.
  - Online Pricing: 15 guided 50-min sessions with the author @\$350 each = \$5250
  - Includes: weekly group coaching with Merideth, handouts and worksheets not available in the book
  - Does not include: "The Artist's Joy" book (available wherever books are sold in Spring 2024)
  - For in-person pricing, email [hello@artistsforjoy.org](mailto:hello@artistsforjoy.org)

## **Interactive Performances**

- Part oboe recital, part personal reflection session, my performances encourage deep life-listening and inspire curiosity. 60-minute program, including Q&A (in person only) = \$1000 (This price does not include accompanist's fee)

### **Recent Programs:**

- *Music and Memory*: an interactive solo performance with or without piano accompaniment exploring how music and memory intersect, create community, and promote belonging.
- *For the Love*: an interactive solo performance with or without piano accompaniment that explores love's transformative power.

## **a la carte Workshops**

- These workshops can be 60 or 90 minute sessions.
- Online pricing: 60 minutes = \$500, 90 minutes = \$750.
- For in-person pricing, email [hello@artistsforjoy.org](mailto:hello@artistsforjoy.org)

A few past workshop topics (but remember, we can always design one together!):

- *A CREATIVE'S GUIDE TO BURNOUT*
  - Arts educators, students, and leaders work hard serving others through the power of creativity. This workshop helps them recover from burn out by examining expectations, setting boundaries, and finding rest.

- *CREATIVITY AS A SPIRITUAL PRACTICE*
  - *Explore the intersection of faith and the arts.*
- *AUDIO DIVINA (DIVINE LISTENING)*
  - This workshop teaches centuries-old practices of deep listening to encourage reflection.
- *TUNING YOUR INNER DIALOGUE*
  - This workshop helps participants build awareness and understanding of positive and negative thought patterns. You will learn more about encouraging self-compassion and work to adjust your mindset to lead to more supportive and productive self-talk.
- *THE ARTIST'S OATH*
  - The Artist's Oath is a powerful tool for getting clear about what matters most, changing thought patterns, and shifting your lens to live a more joyful and productive creative life.

## Speaking

- I have given talks within corporations like Google, as part of worship services, and at conferences where creatives gather. Below is a small sample of some recent talks. I would love to craft a talk to fit your needs. Pricing TBD for specific talk length, travel, lodging etc.
- *"Tough Skin, Tender Heart:" Reframing Rejection:* This talk is for creatives or entrepreneurs who are facing rejections big and small. Naming "the one," cultivating worthiness outside of our achievements, and learning the art of not taking things personally are three tips for rebounding and recovering joy in the face of disappointment.
- *Mosaics of Meaning:* This talk is for sacred settings, in the Christian tradition, and explores how Ephesians 2:10 is good news for creatives. God creates meaning from the broken pieces of life, as we experience the joy of being God's masterpiece.
- *CRAFTing Goals:* This talk is for anyone looking to set goals that spark joy and increase inspired productivity. My CRAFT paradigm is a creative answer to SMART goals. It has helped businesses, churches, and individual artists set goals that align with their core values, help them create processes over products, and become the kind of person who achieves their dreams.

To quote McKenzie Cerri and Quinn Simpson, founders of Graydin, "Coaching is founded on the unwavering belief that the coachee has all the answers." When we help creatives trust their inner wisdom, they experience well-being and resilience in the face of any creative challenge. Embedding a coaching culture into your institution or community will change everything.

As a certified *Start with Heart Facilitator*, I am trained to teach Graydin's ground-breaking curriculum. The two 12-hour courses, "The Anatomy: The Foundational Coaching Course" and "The Journey: Advanced Coaching Course" can be offered in person or online. Participants receive access to a portal with resources for coaches and can get started coaching right away. To learn more and find out about pricing, email [hello@artistsforjoy.org](mailto:hello@artistsforjoy.org).

## FREE OFFERINGS

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### **Creative Clusters: *The Artist's Way* & *The Artist's Joy***

- Beginning each February and September, I host an online creative community every Tuesday evening from 7:00-8:30 EST with artists from all over the world. We work through Julia Cameron's text "The Artist's Way" (February) and my book "The Artist's Joy" (September), the latter beginning Fall 2024. These 12-week meetings are facilitated by a variety of artists from my team and include "break-through" rooms with 3 to 4 participants for a more intimate connection.

### **Coaching Discovery Call**

- Want to work one-on-one? I offer a free 30-minute discovery call where you tell *me* about your personal creative journey and I tell *you* how coaching can help you get unstuck, take action, and live in congruence with your values. Go to [artistsforjoy.org/coaching](https://artistsforjoy.org/coaching) to learn more.

### **Reading + Q & A**

- I would love to read a excerpt of my book and meet your community on Zoom for a quick 30-minute chat. If you cover travel costs, I am happy to do the same in-person.

Ready to work together?

Email [hello@artistsforjoy.org](mailto:hello@artistsforjoy.org) or send me a text (302)415-3407