

CREATIVE APPROACHES

to facing UNCERTAINTY!

with Annelies Gentile & Greg Whitt

Brought to you by Conduit for Change, LLC & Drum for Change

Where do you see uncertainty?

In life? At work? In the world?

CHRONIC UNCERTAINTY

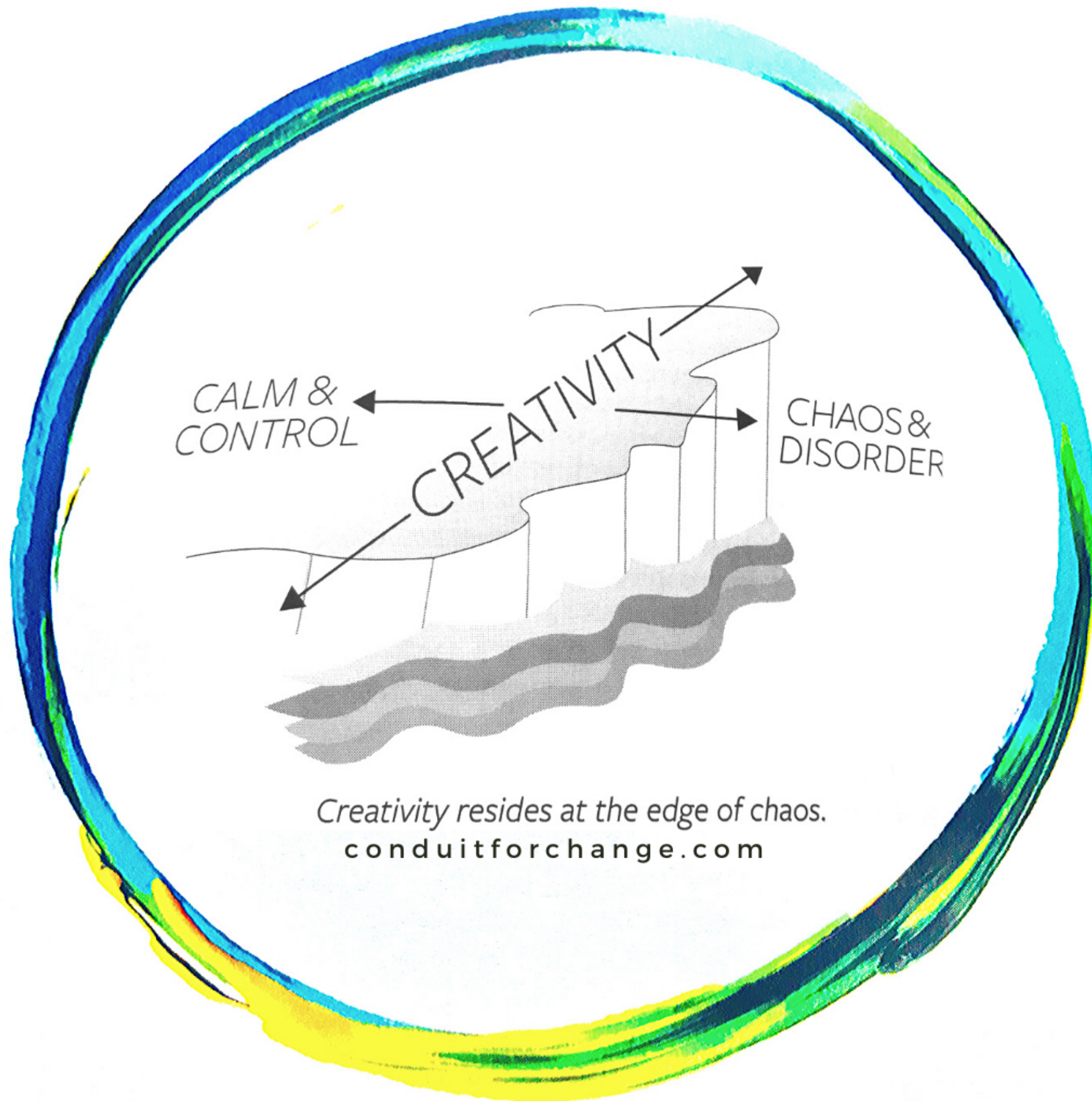
- **83% of Americans report feeling stressed** by issues such as work, finances, and health. (*APA, 2023*)
- **70% of Americans feel overwhelmed** by unpredictability of the future, driven by economic instability, climate change, and global events—has been identified as a major driver of anxiety, depression and conflict. (*APA, 2024*)
- **40% of Americans report significant stress** related to their job, linked to burnout, decreased productivity, and workplace conflict. (*American Institute of Stress, 2023*)
- **18% of U.S. population experience anxiety and depression.** (*NAMI.org, 2023*)
- **Suicide rates in the U.S. rose by 35%** from 2000 to 2021, with mental health struggles and stress being among the top contributors. (*CDC, 2022*)
- **1 in 4 adults are estranged from at least one family member**, often due to stress, unresolved conflict, or differing values. (*Survey You.gov, 2025*)

Reduce Symptoms of Anxiety & Depression by 30% with regular participation in creative activities

- Creativity
- Imagination
- Multi-sensory stimulation
- Aesthetics

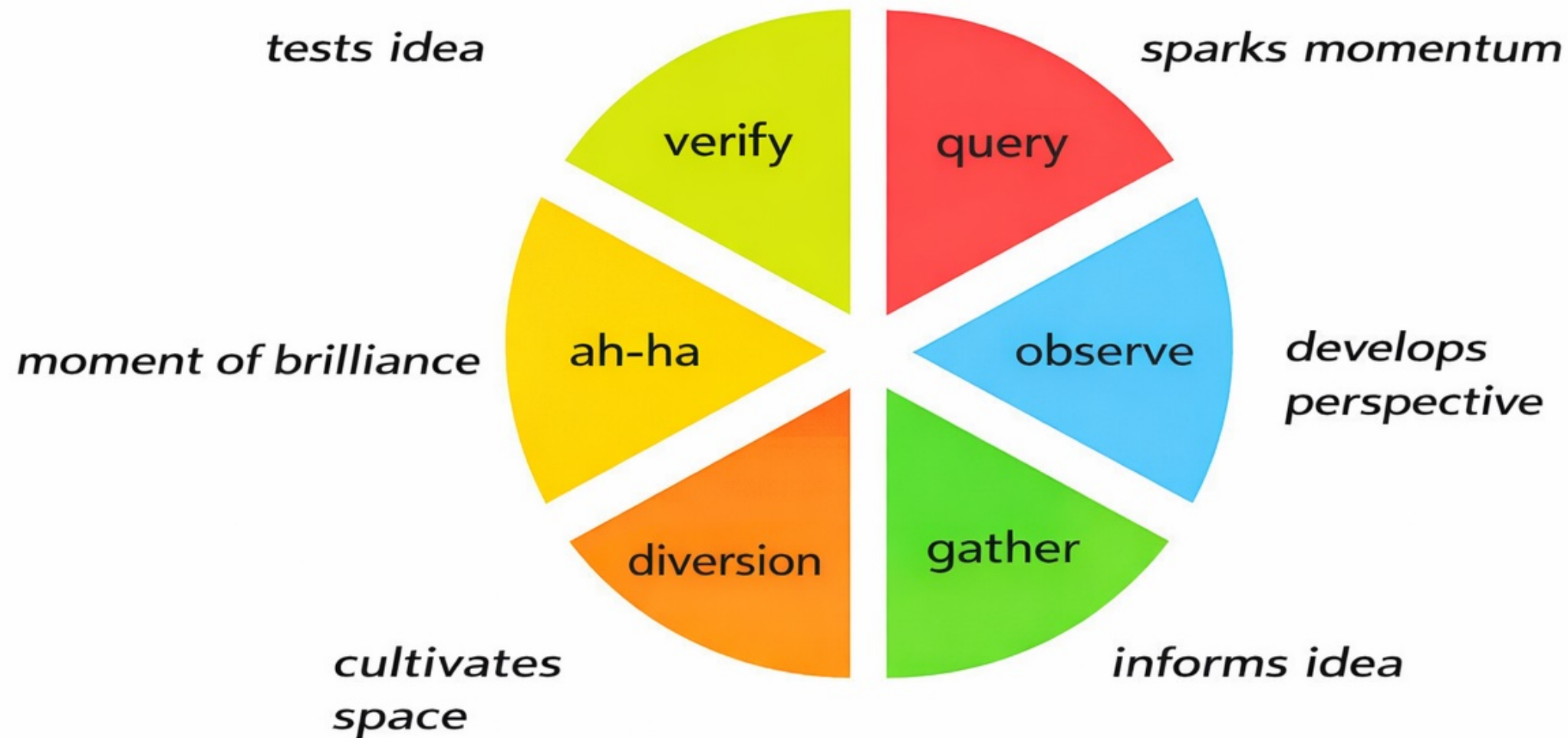
*Daisy Fancourt, Professor of Psychobiology & Epidemiology and
Head of the Social Biobehavioural Research Group at University College of London*





Creativity resides at the edge of chaos.
conduitforchange.com

THE CREATIVE PROCESS



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What are your creative outlets?

THINK: “ing” things

- *activities that promote creative flow*
- *mindless or mindful*
- *process versus product*
- *exforming verses informing: info out verses info in*

Exforming/Exformation

THINK: info “out” verses info “in”

In expressive arts, "exforming" is the practice of releasing, externalizing, and transforming inner experiences, emotions, or challenges through creative expression. It involves moving a feeling, thought, or sensation from an internal state into an external, tangible form using various art modalities.

(International Expressive Arts Therapy Association (IEATA))

Creative Flow

The concept of *flow state* is an experience of total engagement in an activity; physical activities such as exercise, dance, movement and sports (where it is also known as *being in the zone*), games such as chess, religious rituals, occupational activities such as surgery, and creating in the arts.

Creative Flow was first introduced into psychology by Csikszentmihalyi ([1975](#)) then coined “creative flow” by him in ([1999](#)).

(<https://pmc.ncbi.nlm.nih.gov/articles/PMC5550835/>)

GET INTO THE “FLOW STATE”

Creative Approaches for LIFE, LEARNING and LEADERSHIP



CIRCA 2008

We provide integrative life, learning and leadership experiences that blend creative arts with mindfulness and reflection. Our approach supports connection, wellbeing, insight and growth.



Meet Greg and Annelies!

Greg Whitt is an award-winning teaching artist, edutainer, storyteller, veteran and rhythm facilitator. drumforchange.com

Annelies Gentile, MA, PCC is a certified integrative life and leadership coach, artist, author and facilitator of transformative experiences. conduitforchange.com



Life & Leadership Coaching with Annelies

Transform your personal and professional life alongside a trusted coach. Focus on the present --> on into the future. Accomplish goals that matter.



Storytelling with Greg

Through his research trips and study of ethnomusicology, Greg has collected amazing stories from around the planet. These stories are filled with life lessons for modern society. Presented as edutainment, each has a wonderful nugget of folk wisdom to delight and inspire audiences of all ages.



Integrative Arts with Annelies

Explore through expressive and visual arts of poetry, gentle movement, creative dialogue, song and more. Benefits are many including shared joy, increased wellbeing, stress reduction, and personal freedom.



Rhythm Circles with Greg

Guided interactive music-making creatively connects you in ways that are joyful, engaging, and good for all. Hands-on experience with a variety of small and large percussion instruments including bells, shakers, drums, wooden shapes, singing and more. Adaptable for varied needs and abilities.



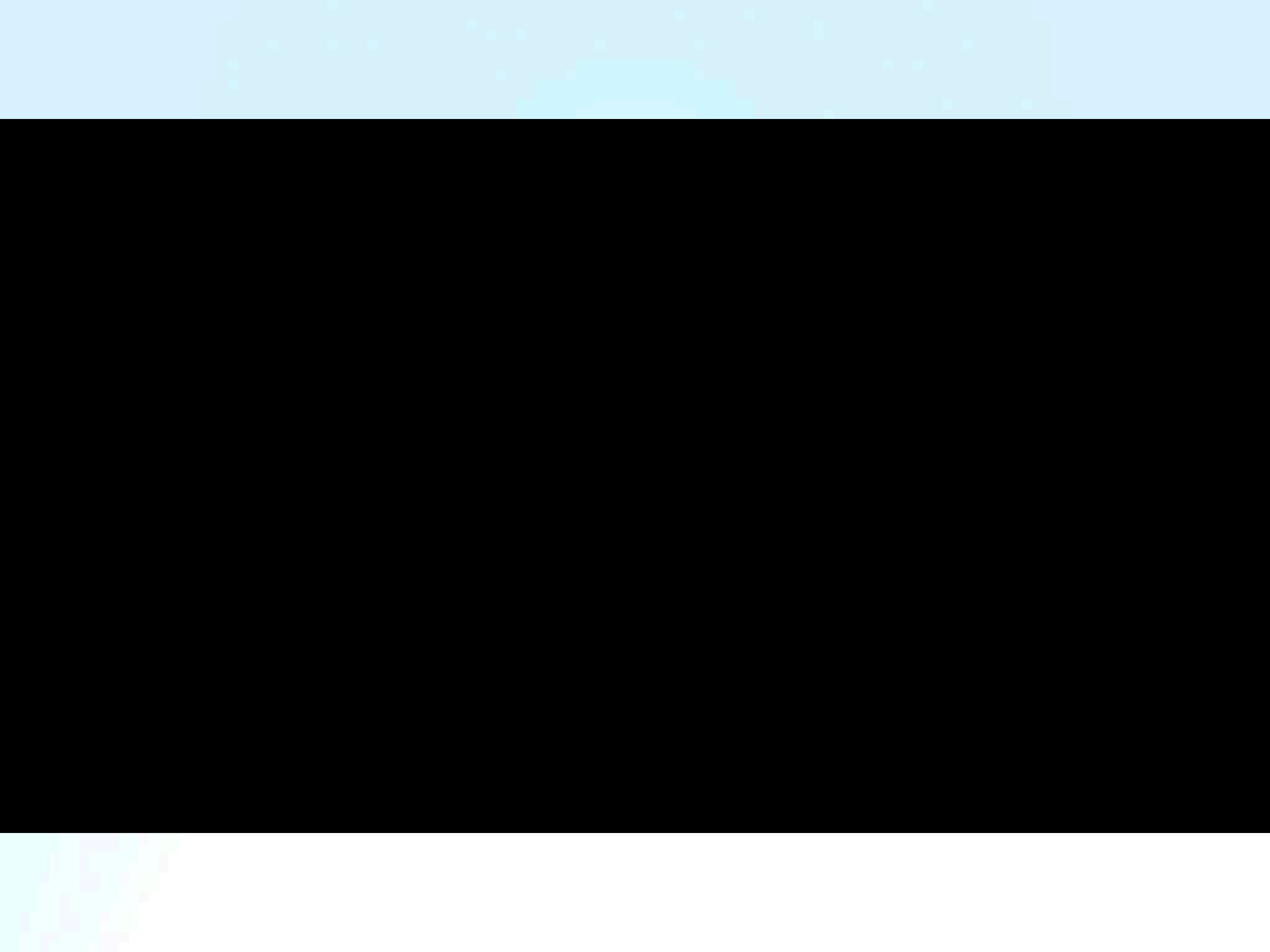
Team building & Retreats with Annelies & Greg

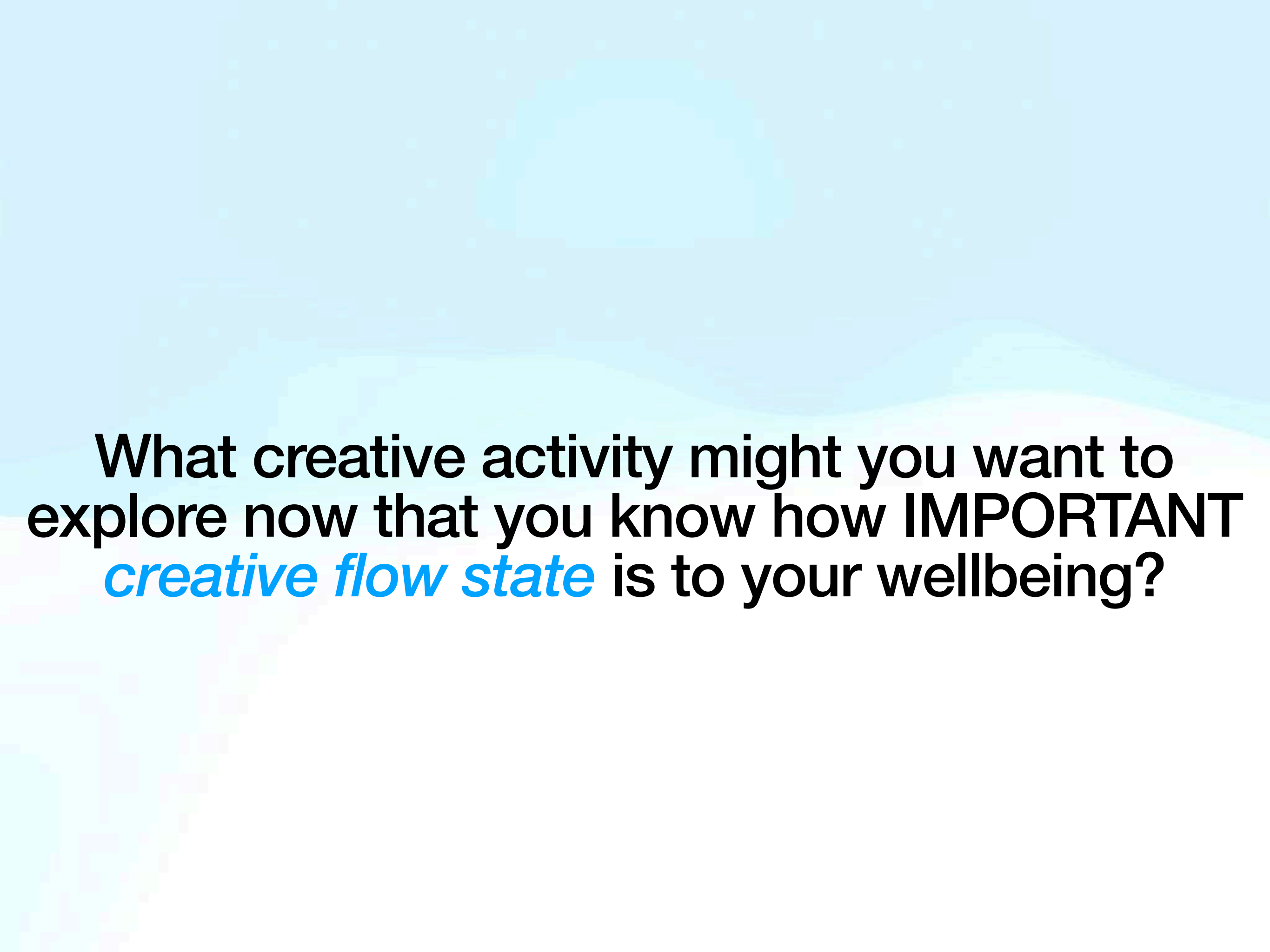
Improve team dynamics, wellbeing and trust through integrative leadership practices with proven long-lasting results.

*Services start at \$300+
Call us today!*

Greg Whitt 919-696-0883
www.drumforchange.com

Annelies Gentile 919-345-8396
www.conduitforchange.com





What creative activity might you want to explore now that you know how **IMPORTANT** *creative flow state* is to your wellbeing?

Let's explore...

- Depending on time...
Activities 1 and 2

Time check!

Listen & Move

- Be curious!
- Have fun!
- Own your body wisdom.

Create a Resilience Poem

Line 1: Name/explore a place you feel stuck

Line 2: Name/explore an activity you do to relieve stress

Line 3: Name/explore how you feel as a result

Excuses... excuses... excuses

“... don’t have time.”

“... don’t have money.”

“... don’t know how.”

What holds us back?

Creative flow helps you navigate uncertainty.

Be intentional with your time. Learn how.

Money isn’t a barrier, mindset is. Mind your mind.

Learn, explore, collaborate and be curious. Try new.

**What are your
takeaways?**



Free Resources



Conduit for Change



Drum for Change

FYI... Joel Fund offers low cost arts activities for veterans online and in-person.