Ai summary from zoom:

"Multi-dimensional Assessment Approach

Nicola's framework offers a sophisticated diagnostic and development model with four key areas:

1. Practice overview: Understanding why and how the artist makes what they make

2. Resistance mapping: Identifying perceived limits and distinguishing between real and perceived limitations

3. Strengths inventory: Building from existing capabilities and competencies

4. Aspirational alignment: Connecting short-term steps to long-term ambitions "

My Lab notes (using the Ai's suggested topic headings):

The premise of this approach is one task leading to the next; the answering of the first question, providing the tools and way forward to the next. With a 10-session limit, you could spend 2 to 3 sessions on each of the 4 parts.

Creative practice overview

1. Tell me the story of your work. Describe it to me. What, why and how do you make the work?
2. What is your favorite thing about your work? Can I tell you my favorite thing about your work?
3. How can you include more of this in your work? What else does it suggest or make you want to try?
4. Identify your oeuvres, medium, message, audience. Create an overview of your creative practice.

Resistance mapping

5. Where is there resistance or blocks, and what are your limits?
6. Can you distinguish between real and perceived blocks, limits and disappointments?

Strengths inventory

7. What are your strengths, skills and advantages?
8. What strengths or skills can you use to create solutions for your blocks or limits?
9. What alternatives can you find to work around limits?
10. How can you use your strengths, skills and advantages to scaffold less robust areas?
11. What do you need to accept and let go of?

Aspirational aligment

12. What are your hopes and ambitions?
13. What action can you take now towards your vision?
14. How can you create a balanced routine for building your creative, learning and professional practice?
15. How can you "act as if" your vision is already a reality?