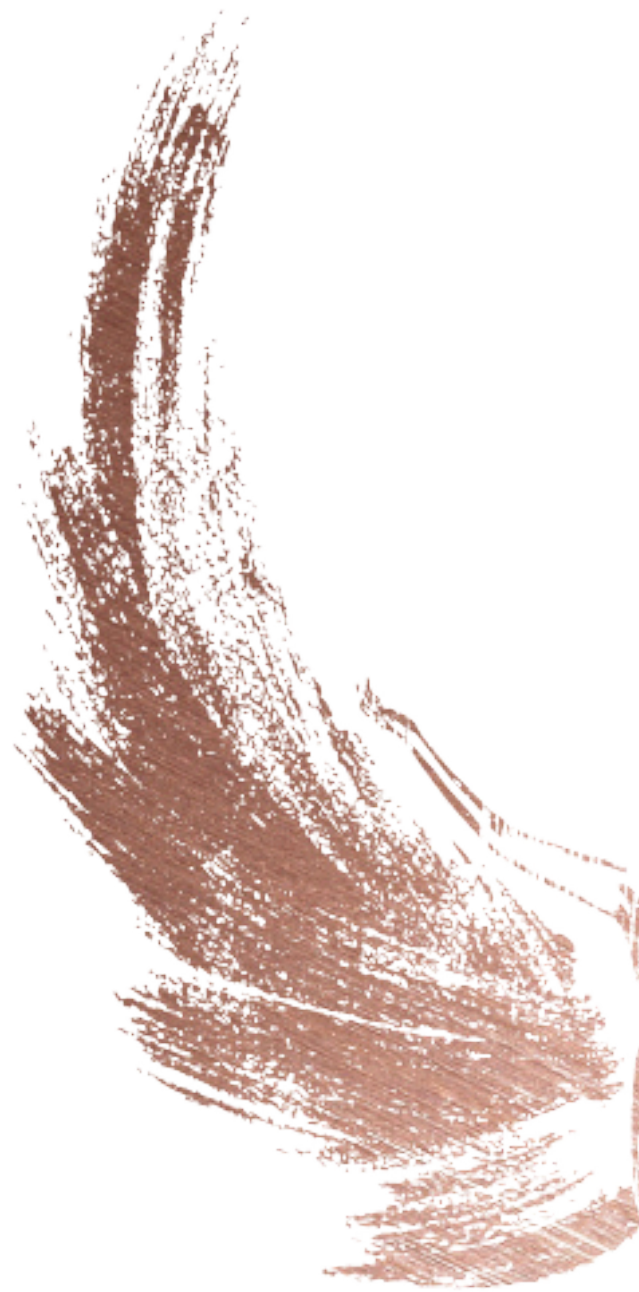


Creative Freedom Online Journey

by Caterina Monaco



ANGELI

www.angelistudios.com



A journey of personal and creative awakening.

A structured 4-step journey to rediscover inspiration, courage, and a sense of self.



Through art, writing, body, and mindfulness, you will discover how to unleash your creative energy and bring vitality back into your everyday life.

It's not just a course: it's a process of rebirth that unites mind, body, and emotion.

Why do it?

Greater clarity and confidence in your potential.

Ability to think and solve problems more creatively.

Deep connection with your body and your intuition.



Renewed vital energy and desire to create.

Practical tools for managing emotions, stress, and blockages.

More authentic relationships and a new sense of self.

In three months, you can rewrite the story of your possibilities.

How does it work

This work unfolds over time, typically across 16 weeks.

You can begin with a 4-week cycle, and continue if it feels right.

-Explore and understand where you are in your creative journey.

-Discover personal issues, face fears and blockages, and open yourself to new possibilities of expression.

-Awaken intuition and creativity through a multitude of techniques and approaches.

-Harmoniously integrate the parts of you that have come to life during the journey.

-Build a new perspective and a sustainable daily creative routine that can nourish and support you in living with fullness, presence, and inspiration.

How we work together:

Many people begin with four weeks, then choose to continue.

- An initial call just you and me (90–120 min) to map out your personal journey.

- 16 meetings once a week (individual or small group) on Zoom, or in person if you live in Rome.

- Customized creative exercises: writing, art, movement, somatic explorations.

- Continuous support on WhatsApp, 24 hours a day.

- Final session just you and me to consolidate your results.



Caterina Monaco

Angeli Studios Founder and
Creativity Coach

Caterina is an artist, teacher and
creativity mentor.

For over 25 years, she has been
guiding personal awakening
journeys through art, meditation,
and therapeutic writing.

She created Maieutic Mapping®, a method that reveals the inner landscapes hidden in the body and soul, to access authentic, embodied, and transformative creativity.

With a background as a trainer, she combines rigor and intuition, mind and spirit. The body is the heart of her work: a place of memory, intuition, and truth.

Through somatic practices, movement, and sensory listening, Caterina helps people reconnect with their vital energy and transform emotions into creative expression. She is also part of a small international group of Body Tracing practitioners.

Over the years, he has helped hundreds of people around the world rediscover their creative voice and find confidence in their own path.

What they say about their journey

“Collaborating with Caterina has profoundly transformed my approach to work, life, and love.”
Jo, public manager



“You guided me with kindness and deep listening. The transformation in my life has been extraordinary.”
Francesca, trainer

“Embrace this path with an open mind; it could be the most meaningful journey of your life.” James, business coach

“You gave us tools we didn't know we had: to understand, to feel and to act.” Zara, civil servant

Entering the work

Choose how you enter the work

The full process is designed as a 16-week arc.

You can begin with a four-week cycle, and continue if it feels right.

FORMAT	PERSONAL	GROUP OF 4
Single Session A first step into the work	€90	€55
Four-Week A natural place to begin	€306	€200
Full 16-Week Journey The most complete experience of the work	€1,008	€640

All sessions last 60–90 minutes for individual work, and 90–150 minutes for groups.

Payment is made before the beginning of each session, cycle, or full journey.

Monthly arrangements are available on request.

How to begin

Begin with a 30-minute introductory conversation with Caterina.

This is your personal call to understand what is drawing you to the work, where you are creatively, and which way of entering would serve you best.

If it feels right to continue, you'll receive the Living Creatively questionnaire before your first session, so the work can begin with clarity and care.

To arrange your introductory conversation,

call Caterina on +44 7969347351
or message her on WhatsApp at +39 3331624218
or email caterina@angelistudios.com.

Frequently Asked Questions



Is this a course or coaching?

Neither: it is a personal and transformative journey.

Do you have to be an artist?

No. It's for anyone who wants to reawaken their creative energy.

How much time does it take each week?

About 20 minutes a day of practice and journaling.

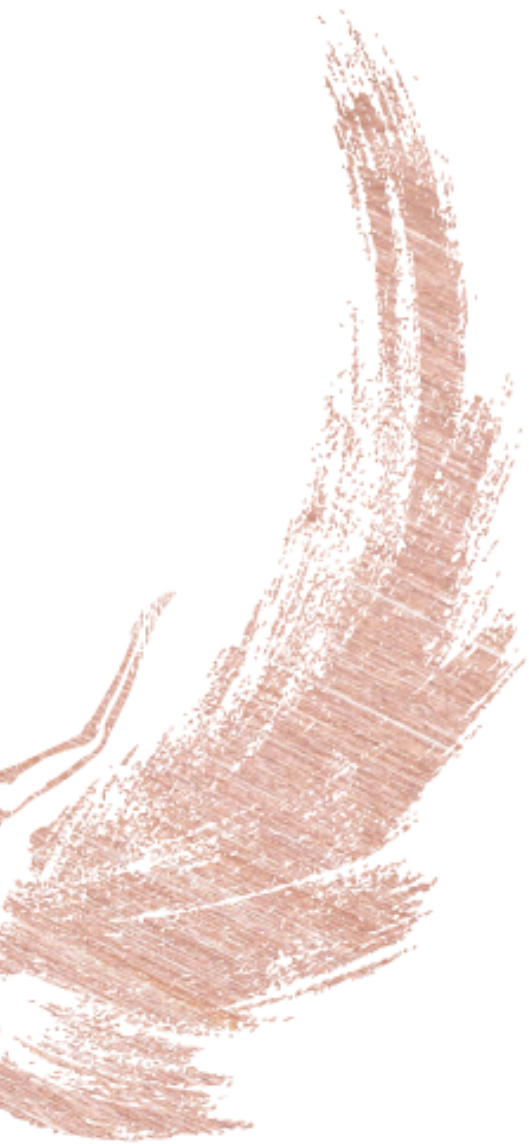
Can I do it just with Caterina, without a group?

Yes. During the initial call, we'll choose the plan that's best for you.

Can this count as CPD?

The work is structured in a way that can support Continuing Professional Development (CPD), depending on your professional context.

A record of participation can be provided on request.



STUDIOS

caterina@angelistudios.com +39 3331624218