



Frequently Asked Questions

Interview with Jessica Chilton

1. *What is the mission of this program?*

SPARK's Creative Wellness Program empowers women to discover an artful path for navigating challenges, loving yourself, and shaping your most satisfying life.

2. *Beyond your personal story, what qualifies you to guide women through Creative Wellness experiences?*

I am an Expressive Arts Therapist & Consultant, Creative Wellness Coach, National Certified Counselor and founder of **SPARK Creative Wellness Studio**.

I have synthesized my 13 years of professional experience and personal journey in the Expressive Arts field, creating the **SPARK System of Creative Wellness**.

Since opening **SPARK** in 2008, this unique and effective system has powerfully guided women to navigate life challenges and shape their most satisfying path by activating their own capacity for emotional healing, spiritual connection, mental clarity, and expansive creativity.

3. *Who is your ideal client?*

My ideal client is ready to be engaged and committed to a transformational creative journey that will lead her to develop her own capacity for self-love and living her most satisfying life. She is ready for compassionate clear guidance to support her in moving towards Creative Wellness.

4. *Who DO you NOT work with?*

I don't work with individuals who are determined to stay in a state of blame, victimhood, and complaining. I have great compassion for this state of being as a starting place for some of my clients. My goal is to help them move through this reactive state and into a creator state where healing can begin.

I don't work with clients who are in a state of emotional and mental crisis which includes severe depression or suicidal ideation. When a person is in this unstable state, they need a level of crisis intervention and care that is not the focus of this Creative Wellness Coaching program. Women in the **SPARK** community are in a stable enough state of mental and emotional health to make the most of their investment in this program—following through on recommended Creative Wellness practices between sessions, thereby maximizing the progress they make towards their desired outcomes.

I do not work with people who are seeking more traditional mental health counseling. I do not offer diagnosis. Instead, I approach each woman I coach with the intention of nurturing her greatest potential to emerge from within.

5. **Do you work with men and children?**

When I meet someone who is a perfect fit for this program, and he happens to be a man, I welcome him to **SPARK** whole-heartedly. Although I used to work with children, this is not my current focus. I truly enjoy building an inspiring creative community of women who are on the path to Creative Wellness.

6. **How do I work with you? How do I receive support?**

I offer different packages that include a variety of ways of supporting both local and long-distance clients. Ranging from coaching calls on the phone or SKYPE to in-person experiential Creative Wellness Sessions to longer Live Creative Wellness Retreats, my programs are designed to meet your needs.

7. **How do I know which package of services is right for me?**

During our introductory 25 minute Creative Wellness Assessment phone call, we will discuss what challenges you are currently going through and how I could best support you in creating a life you love.

8. **How long do your programs typically take to complete?**

My programs typically last anywhere from 4-12 months, depending on where you are on your creative wellness when we meet.

9. **What kind of results are clients in this program getting?**

In the words of my amazing clients:

“Before my Creative Wellness Program, there was a big gap between who I wanted to be in the world and how I was choosing to live. With Jessica’s amazing guidance, I moved through my internal blocks to a more integrated peace within myself and stepped fully into who I really am, finding my footsteps on my right path. I now love my whole self and am living into my (destined) work to inspire joy through my business, Joy on Your Shoulders TM! I am grateful for the confidence, self-love, purpose and passion that shine through me and my business daily.”

~Joy Resor, Joy on Your Shoulders TM

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“I started my Creative Wellness path knowing that I had so much expression, joy, ability and potential bottled up within me; but I didn’t know how to let it out. I longed to be more in touch with my authentic self. Since starting the Creative Wellness program I have developed tools to overcome my own personal limitations. The personal inner-work I did with Jessica helped me to have sure footing in my life, knowing who I am and what I desire. I am now more in tune with what makes me truly happy and have the confidence that I can create a career doing what I love. My work at SPARK will shape the rest of my life in the areas of life goals, personal authenticity, service to others and wholeness in health.”

~Shalene Wyrick

10. **What happens during an in-person Creative Wellness Experiential Session in your studio?**

One of my wonderful clients wrote this after spending 90 minutes with me at SPARK Creative Wellness Studio:

"After my Creative Wellness Session with Jessica, I felt vibrant and alive, like I'd uncorked a source of energy and joy from deep within me. My intention for the session was to somehow free myself from my fear and self-limitation in order to be able to fully and joyfully express my truest self. By the end of the session, I had experienced exactly that!

The process was magical! I could not believe how much we did in such a short time. Within 90 minutes I journeyed through visualization, drawing, movement, journaling, poetry, and storytelling, each art modality moving me further into self-discovery, self-acceptance, and transformation. Jessica made it so easy to welcome all of my emotions, stories, and creative impulses. With her compassionate support and creative Spark, she expertly guided the process while empowering me to trust my own wisdom.

At the end of the session, as we discussed all the insights I gained and how to integrate them into my life, she offered me creative ways to continue this process daily until my next session. I am still amazed at how much I experienced and shifted in just 90 minutes. AND, with the daily process she recommended, I am still experiencing profound, positive ripples in my life. It is changing my outlook, my posture, my breathing and my willingness to compassionately claim and express my inner joy.

If you've been trying to move beyond self-limiting fears and judgments, I highly recommend you join Jessica at Spark, BUT ONLY if you are really ready to move. When Jessica works with you in the creative realm, it's really difficult to stand in your own way!"

~ Cheri Torres, Innovation Partners International

11. What if I am unable to finish a program? Do you offer refunds?

If there is an exceptional situation that makes it impossible for you to finish the program, you will receive a credit to **SPARK**, equal to the value of the remaining program, for you to use when the situation changes or for you to gift to someone you love.

12. Where are you located?

SPARK Creative Wellness Studio is located in the beautiful artsy town of Asheville, NC—home sweet home.

13. Do you work with clients outside of Asheville?

Yes! I use telephone, Skype, and live retreats to serve women nationwide.

14. How much are your services?

I have different packages with varying fees. Once we have talked and discussed your needs, we will choose the ideal package for you and discuss the fees and payment options.

15. I have a few questions for you. Can I talk with you on the phone? (get acquainted call)

16. What forms of payment do you accept?

I accept checks, paypal, and credit cards (visa/mastercard).