{INSIDE [OUT}SIDE IN]

Inside out - Outside in

In these 12 meetings you will elevate your artistic practice. After the first year, in which you have gotten to know yourself better as a creator, you will now delve deeper into strengthening both yourself as a creator and your artistic practice. So we'll will work on both the internal and the external aspects.

Approach

Whether you already have a project, such as an event, music, a campaign, or whether you are still looking for a direction, these sessions will help you move forward.

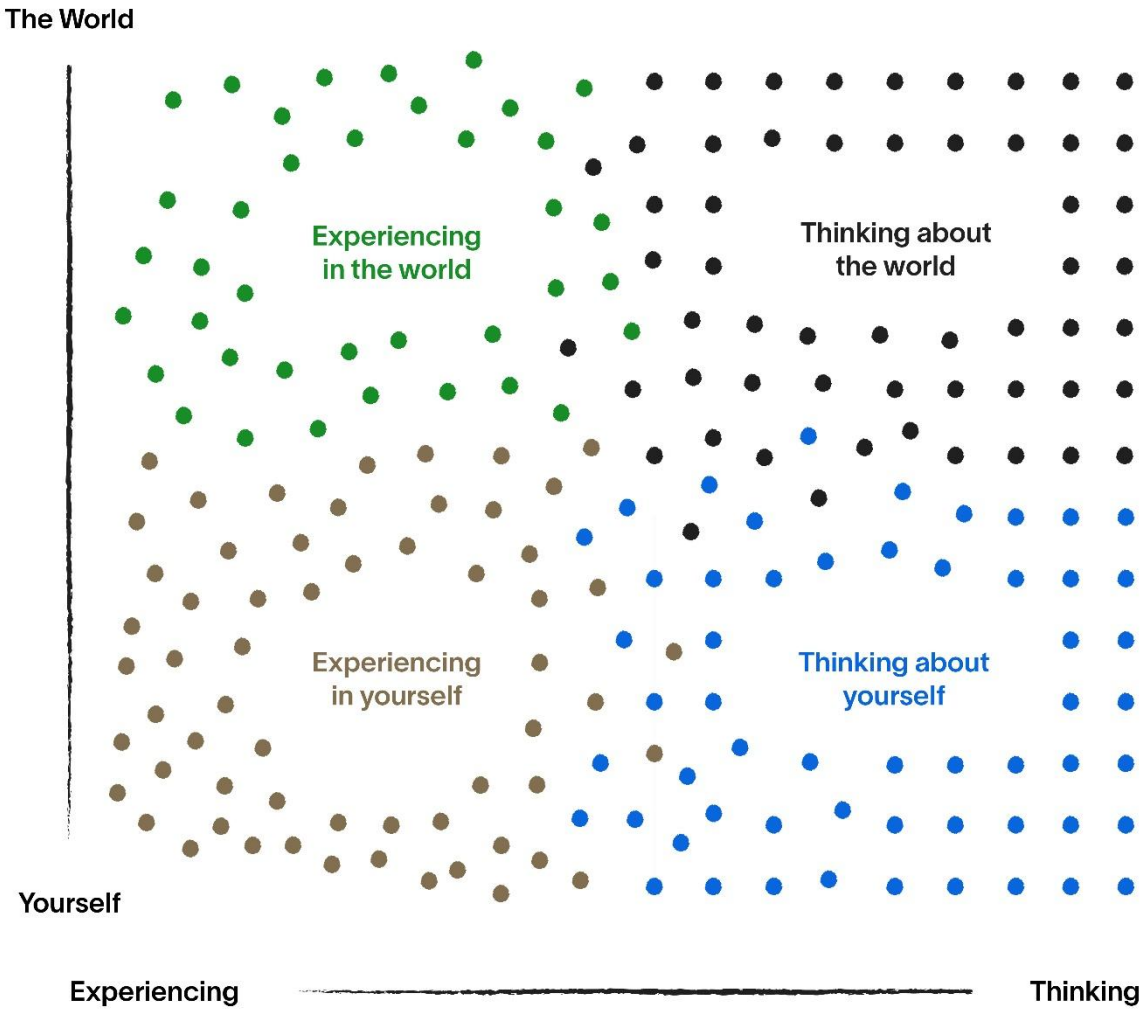
Do you already have an idea? You can use these sessions to solidify your project and your artist identity outside of the AvP. If you do not have a clear idea yet, the sessions offer experiences, encounters, and assignments that help you discover what makes you unique, where your drive lies, and how you can bring this to the world.

Method

We work on skills in four areas:

1. **Gaining Experiences Outside the AvP:**
    - Experiment with your artistic work and visit interesting people and places. Through these experiences, you discover where you do and do not feel at home and what does and does not work for you.
2. **Developing Self-Knowledge:**
    - Discover what drives you, your strengths, and pitfalls. See which models and theories work for you. Recognize patterns in yourself, experiment, and gain more self-direction. Intervision often provides a lot of support in this.
3. **Knowledge About the Pop World:**
    - Every field has its own habits, (unwritten) rules, and important places and people. The pop circuit is no exception. Delving into the "pop circuit" system gives you more insight into where your opportunities lie.
4. **Experiencing Yourself:**
    - Become aware of what is going on inside you: when do you get energy and see opportunities? Or do you often feel small and overwhelmed? What positive or negative stories do you tell yourself about yourself? And what does that do to your energy?

In short, this course helps you make your artistic practice sustainable and meaningful.


The World
Experiencing in the world
Thinking about the world
Experiencing in yourself
Thinking about yourself
Yourself
Experiencing
Thinking