



GLADSTONE'S
LIBRARY

Building a Sustainably Creative Life

With Michael Nobbs

FRIDAY 26TH - SUNDAY 28TH MAY

'It's not that I'm so smart, it's just that I stay with problems longer.'

- Albert Einstein

Michael Nobbs believes that the secret to creative success and a happier life is to pick one simple thing to focus on, something he calls 'Important Work', and then to stick with it through life's inevitable ups and downs. Over the course of the weekend Michael will share some of the techniques he's learnt over the last two decades that have helped him build a creative life and career by focusing on what's truly important. Explore the concept of 'Important Work' and start to unearth where to focus your time and energy in order to build your own sustainably creative life.

Michael Nobbs is an artist, podcaster and tea-drinker. At the end of the 1990s he was diagnosed with ME/CFS, a chronic illness that severely limits how much he can do each day. Over the years he's learnt a lot about living the best life he possibly can by accepting what he can't change and working with what he can.

Michael is author of *Drawing Your Life* and publishes an illustrated journal of his own life called *The Beany*. He runs Sustainably Creative, a company that encourages people to live gentle and creative lives, and records the *One Thing Today* podcast four days a week.

Residential from £215,
non-residential £150.

Discount rates for clergy and
students apply.

Call: 01244 532350

Email: enquiries@gladlib.org



Programme

Friday, 26th May

- 6pm Welcome and introductions
- 6.45pm Dinner
- 8pm *Get the One Thing a Day Habit: Starting to Build a Creative Life in 20 Minutes a Day*
An illustrated talk introducing the ideas Important Work, habit linking and the magic of the wind-up timer!

Saturday, 27th May

- 8.30am Breakfast
- 10am *Your Creative Dreams and Ambitions: If You Could Do Anything?*
Exploring the idea of Important Work and how it can help us focus on and achieve our creative dreams and ambitions.
- 11am Coffee
- 11.30am *What Does 20 Minutes Feel Like?*
Setting a timer and exploring working in 20 minute chunks of time.
- 12.30pm Lunch
Free afternoon
- 5pm *If You Could Only Do One Thing...*
We'll start to gently ask the question that many of us avoid: What, if you could only focus on one thing, would you choose to do with your life?
- 6.45pm Dinner
- 7.45pm Film: *Jiro Dreams of Suchi* (Gelb, 2011, 81 mins)

Saturday, 28th May

- 8.30am Breakfast
- 10am *A Plan to Take Away*
- 11am Coffee
- 11.30am *Final Thoughts*
We'll work on a plan for you to take away from the weekend that will help you start to live a sustainably creative life.
- 12pm Lunch and depart