

# Debra Blake Coaching to be Featured on CUTV News Radio

SILVER SPRING, MARYLAND, USA, May 1, 2015 /EINPresswire.com/ -- An artist isn't necessarily someone with talent. It's someone with vision, imagination, and above all, courage. Artistic courage requires self-reflection and a willingness to stretch one's self beyond its comfort zone. Each time you begin a new drawing or painting, you must confront the unknown and continue to feel hopeful in spite of the feelings that tell us we're not good enough.

Such was the case for artist Debra Blake. Debra is the founder of Debra Blake Coaching, where she works with individuals to raise their [self-awareness](#) by encouraging their [creativity](#).

"Creativity is the act of taking what is already there and turning it into something that suits your vision, your purpose and your emotional being," says Debra. "Life has always been a discovery for me. As I continue to work on my art, I discover more and more about the process of learning, of seeing, of moving out of self-doubt to become more myself and more the artist I want to be. I've been able to help my clients with this same process."

Debra first discovered coaching while working at the State Department. It was through this coaching that Debra realized what she really wanted to do: be an artist.

"I realized that I had a very deep desire to become professional with my art; that this had been a lifelong desire that I had overlooked in favor of academics and professional work. It was a very frightening enterprise in many ways – learning all I had to learn – but I'm thrilled about it.

"My passion derives from a desire to surround myself with



*Debra Blake Coaching*  
*create your life* 

beauty. I know I have the resources to do that and this comes from a sense of wholeness. I feel more alive and in synch with my inner self than ever.”

Today, at the age of 61, Debra is absolutely committed to promoting her clients self-awareness. For some of the people she works with it’s about finding their purpose; for others it’s about what direction they should take. But even if they’re not making major transitions in their lives, they’re preparing themselves for how to move forward.

“One of the fundamental principles of coaching is that the client is entirely whole; they’re fully resourceful and fully creative,” says Debra. “But the coach relies on the client to summon their natural resourcefulness and creativity. Being an artist is the same thing. Like art, you have to bring your whole self to it.”

CUTV News Radio will feature Debra Blake in an interview with Jim Masters on May 4th at 12pm EST.

Listen to the show <http://www.blogtalkradio.com/closeuptalkradio>. If you have a question for our guest, call (347) 996-3389.

For more information on Debra Blake Coaching, visit <http://www.debrablakecoaching.com>

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