

ACC GLOBAL MEDIA features Expressive Arts Based Life Coach Deb Ogburn

ACC GLOBAL NEWS features Expressive Arts based Life Coach Deb Ogburn, Founder of A TIME FOR ART on Personal Growth & Development Through The Use Of Art.

LOUISVILLE, KENTUCKY, UNITED STATES, March 8, 2017 /EINPresswire.com/ -- Deb Ogburn of A Time for Art Louisville, Kentucky ACC NEWS Interview with Deb Ogburn, Founder of A Time For Art : THURSDAY, MARCH 9TH, 2017 at NOON (12:00 p.m. EST.) Louisville, Kentucky

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www.Accglobalmedia.com(Talk Radio)
ACC Global News Spotlights Deb Ogburn on Empowerment & Personal Growth & Development Through the Use of Art

ACC News Talk Radio Spotlights Deb Ogburn of A Time For Art



DEB OGBURN FOUNDER OF A TIME FOR ART

Louisville, KY – At some point in life, we all feel a calling, or develop an idea or vision for ourselves and our purpose. The ride isn't always smooth and rarely ever challenge free, and along the way many people lose sight of all they're searching for. Without a plan, it's difficult to move forward. Deb Ogburn, Expressive Life Coach and founder of A Time For Art, is here to help you create or restore that vision and choreograph the steps to get you (back) into the dance.

"A Time For Art is about change, and helping people create that change," her website reads. Deb has shown clients from all walks of life, extraordinary results in a safe, non-judgemental and highly creative environment. For Deb's own part, she saw first-hand the trials and tribulations life can throw our way. Initially a graphic designer and principal of her own firm in Chicago, a mid-career burnout in the early 90's left her financially, emotionally and physically exhausted. Following the sun, she moved to San Diego and took a nine-to-five job in the hospitality industry.

Fast forward: then she came across some negatives from a series of photos she'd shot years ago. "My negative images gave me hope. As I printed frames from my life my entire narrative changed. I saw light in the shadows. Figures of friends and family took on a luminous quality in reverse, with glowing eyes, dark smiles and auras where they had once cast shadows. I saw them all as spiritual beings—myself included. I made a portfolio with the images and I looked at them tirelessly. They lit me up. I felt creative and vital again—so much so that I quit my job and embarked on another



Expressive Arts Base Life Coach Deb Ogburn has brought to America a method which is already practiced in Europe of Improving A Person's Physical, Mental & Emotional Well Being through the USE OF ART."

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RESEARCH DEPARTMENT*

entrepreneurial adventure. This time, I would follow my heart—and my art," proclaimed Ogburn.

Eight years after earning her Master's degree in Expressive Arts Therapy, Coaching and Consulting, Deb returned to her roots in Louisville and founded A Time For Art. She offers expressive life coaching for adults and teens and group coaching for organizations. Incorporating visual arts, sound/music, dance, poetry and drama, Deb helps people restore vitality and meaning in their lives. No arts experience needed.

Deb Ogburn will be featured on ACC News Talk Radio www.Blogtalkradio.com/Accglobalmedia on Thursday March

9th at 12pm EST. For more information visit www.Atimeforart.com, email Debo@atimeforart.com or call 502-771-0736.

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<http://www.blogtalkradio.com/accglobalmedia/2017/03/09/acc-news-features-expressive-arts-base-life-coach-deb-ogburn>

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