

My Path to Zentangle®

Just a few years ago, I was coaching a young man who was really stuck (and scared) early in his college search and selection process. In my effort to encourage him to step into responsibility for his future, both the exhilaration and the nervousness that accompanies making important decisions, I searched my bookshelves and the internet for resources. Of course, I suggested meditation (I love Andy Puddicombe's, www.getsomeheadspace.com, Rick Carson's book, *Taming Your Gremlin*, and Susan Jeffers, *Feel the Fear and Do It Anyway*).

Fast forward to early this summer... As I began planning for my first group coaching program, and listening to students' conversations about their hopes, dreams, and concerns about the admissions process, I decided that I wanted even more tools for students. I was reminded of my "go to" list of resources, and yet I sought a more immersive approach, something intriguing, relaxing, reflective, maybe even meditative. I remembered reading about Zentangle on my first foray into discovering resources. Since I am a visual coach, using drawings to help teens see/understand themselves and the college admission process, this method of creating beautiful images by drawing structured patterns felt like perfect fit for my style and the students who work with me!

Long story short, I began my journey with Zentangle in earnest almost a year ago, on my own, and quickly signed up to learn how to become a Certified Zentangle Teacher. This method, developed by Maria Thomas and Rick Roberts, supports everyone in shifting into a relaxed focus to achieve astonishing results—a sense of calm, achievement, and appreciation of one's own capabilities.

Here are just a few examples of my work.



When I show these "tiles" at the beginning of each workshop, everyone says, "I could never do that!" Quietly, I suggest that they too will discover their abilities to create such beauty during the session. To a person, the participants complete several wonderful "tangles"/designs and leave with new perspectives of themselves. Some of the questions they reflect on during the session include...

- At first you thought you couldn't do this beautiful work—and now you see that you can...
What else do you believe that you cannot do? Perhaps you can!
- Re-define the line.
What are your perceived limitations or barriers? Must you stay within them or can they be altered to better effect?
- Zentangle is about consistency, not perfection.
"Anything is possible, one stroke at a time."™

Our time together is always one of exploration, learning, and the opportunity to appreciate our own and other's work. We conclude the session by arranging the tiles into a mosaic so that everyone can see both the similarities and differences in their designs.

If you, your teen, or someone you know, feels anxious, confused or overwhelmed during this period of transition from high school to college, I'd be happy to have a conversation. I help teens and parents feel engaged and empowered through my resources, teaching the Zentangle method, and coaching. You can contact me at jill@majorinyou.com.

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