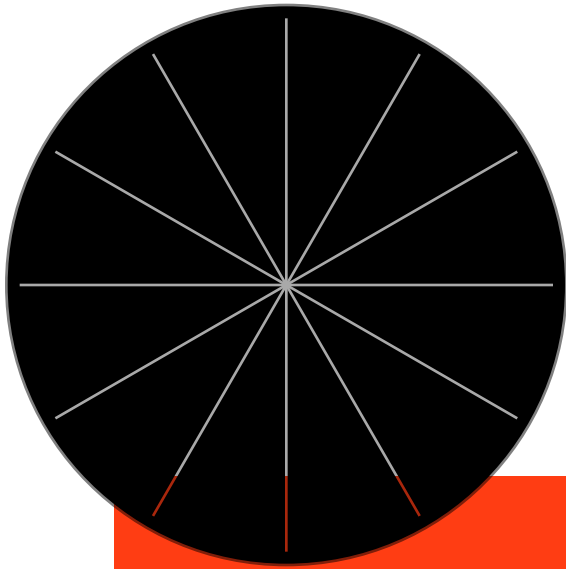




The Life Shift Studio

Helping Creative and Intellectual Lives Change Direction

An abstract graphic consisting of several thin, light gray lines of varying lengths and orientations. These lines intersect to form a series of geometric shapes, including triangles and quadrilaterals, creating a sense of movement and complexity. The lines are scattered across the upper half of the page, with some extending towards the edges.

A generative practice for artists, scholars, and cultural thinkers navigating moments of professional transition.

Stephanie Polsky has studied and worked in the arts and humanities sector of higher education throughout her life and has first-hand knowledge of the rewards, challenges, and difficulties of embarking upon, negotiating, and maintaining a career within it.

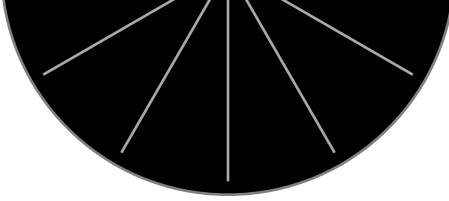
From MFA, PhD, post-doc, peer review, funding applications, tenure track, Stephanie has seen and heard it all as a mid-Atlantic transatlantic professional working between the US and UK. She has worked with students, artists, and academics from around the world, drawn to those places as a mark of making it within the creative professions.

She has seen a few soar to great heights, most caught up in the cross-currents of changing working conditions and a fair few broken on the rocks, to one degree or another, by the unrelenting imperative to constantly generate numbers, novelty, and impact for the benefit of their employers. Many find themselves considerably adrift of the place from where they originally set course; often bewilderingly so.

Stephanie helps academics and artists working in the creative industries reconnect with their calling so they can repilot their career paths.

Her mission is to help people stop coping with the stress of their professional circumstances and start questioning how they might choose to live in more fulfilling ways within themselves, or to decouple from them in conscious ways that make for more generative career circumstances elsewhere.

Stephanie works with individuals in the arts and humanities at universities and related non-profit, public, or private institutions across all career stages.



The Challenge Facing Artists and Academics

Stephanie supports those who struggle to feel satisfied with their professional identities. Many face challenges, including long hours, unpredictable pay, and a culture of burnout. They feel under pressure to continually produce value and content while managing complex administrative and funding systems, navigating identity politics and a scarcity mindset, and dealing with the precarity currently affecting arts institutions, nonprofits, and higher education in the arts and humanities.

Many have already tried therapy, mindfulness, or medication to cope with feelings of depression, anxiety, low self-esteem, imposter syndrome, and exhaustion—often without addressing the core issues that trigger these emotions.

What they truly need is a compassionate ear—someone who understands the specifics of their situation and can help them sort through their thoughts, feelings, reactions, and actions to find a clearer path forward that restores their joy and satisfaction in their work.

Stephanie assists them in releasing some of the negative emotions tied to their circumstances. She encourages them to act in ways that harness their creativity and resourcefulness, helping them view challenges from new angles that better reflect their true selves. This process promotes growth across all areas of life, including their career identities.

Her goal is to empower individuals to decide whether to continue along their current professional path or explore new directions that align more closely with their vision for contributing creatively in whatever form that takes.



The Life Shift Approach

Stephanie combines Martha Beck's signature methods, which merge deep personal insights with practical tools rooted in scientific research, to guide clients through life's natural cycles, helping them take the lead in shaping their relationships and careers. This approach helps individuals to access and understand their core feelings, desires, values, and beliefs.

Her methods include challenges to limiting beliefs, Byron Katie's *The Work*, body-calibration techniques, working with bodily sensations, visualization exercises to improve environments, and identifying the best settings for their work and purpose. Stephanie's unique approach shifts individuals from viewing their experiences as involving a victim, a persecutor, and a rescuer to seeing themselves as a creator, a challenger, and a coach.

This new perspective enables clients to recognize the victim as a creator who can overcome fears and respond creatively, see the persecutor as a challenger who catalyzes integrity, and view the rescuer as a coach who helps them find the best way forward in conflicts. This shift increases their sense of creative power.

By embracing and understanding these different roles, individuals gain a clearer, more fulfilling view of their lives and potential.

About Stephanie Polsky

Stephanie Polsky is a transatlantic author and ideas explorer working across the United States and the United Kingdom. Her first career path led her to become an academic working in art, media, and culture. That path forked to becoming a life coach for those working in the arts and humanities.

As a coach, Stephanie excels at helping her individual clients cultivate greater appreciation for their unique journey in life on the path to achieving their personal and professional goals.

She is a certified Martha Beck Wayfinder Life Coach.