



# Podcast Media Kit

## Who I am

My name is Vicki Lovegrove; I work as a Creative Confidence Coach, and Graphic Design consultant in Staffordshire, UK.

My story with creativity started when I was a child in the home of Jehovah's Witnesses. Needless to say, creativity was at the heart of what I needed to get out of there, and I know it definitely is the key to how I stayed resilient and strong enough to do so.

I have worked in the creative industries for over 30 years, 20 of which have been in my home-based design consultancy.

My design clients range from small businesses to global brands, and I have guest lectured in universities as far afield as Delhi.

I successfully work my design and coaching business around my family: husband, two children, and Rocky, the studio dog.

Member of the Chartered Society of Designers (MCS D).  
Fellow of the Royal Society of Arts (FRSA).  
Certified Havening Techniques® Practitioner.  
Time-Line Therapy™ Master Practitioner.  
Master Practitioner NLP and Master Practitioner NLP Coach.

## Work with me

I work with high performance, design-led, creative individuals and businesses, many of which are in the creative industries.

**LinkedIn:** <https://www.linkedin.com/in/vickilovegrove>

**Online:** <https://www.vickilovegrove.co.uk>

## Topics

Topics I am happy to discuss on your podcast:

### 1. How being creative saved my life

- Surviving a childhood in a cult (Jehovah's Witnesses) and how being creative was key to that

### 2. How I started my design business and why I also coach

- Moving on from redundancy, seizing the opportunity
- Why maintaining your creativity is essential to your mental health

### 3. Creative confidence: being an introvert in a fast-paced creative world

- The importance of making yourself visible
- Understanding that you have creative value
- Showing up creatively when confidence is low

### 4. Surviving workplace bullying as a creative person

- Techniques I use to overcome bullying
- How your creative output doesn't need to earn you money
- Is it a critique, or is it gas-lighting?

### 5. Working with and retaining creatives in your workforce

- Understanding how creatives work
- How creative collaboration is essential
- The importance of setting a side-project