



Jamie Ridler Studios

WHERE CREATIVITY COMES TO LIFE

Media Kit

For media inquiries, please contact media@openthedoor.ca

“Jamie helped me create the life I always believed I could have.” Tara Joyce



Jamie is available for interviews, teaching and speaking engagements.

Jamie presents on creative topics such as:

- presenting powerfully
- creative bravery
- finding your unique voice
- dealing with the inner critic
- how to start journaling (and why you should)
- embracing yourself as an artist (even if you don't have a creative bone in your body)

She is also available to share her expertise as a blogger, podcaster, YouTuber and online entrepreneur.

Short Bio

Jamie Rider, MA, CCP, is a creative coach and the founder of Jamie Ridler Studios, an online hub bringing creativity to life. Reaching thousands of blog readers, podcast listeners and YouTube viewers each day, Jamie is a creative luminary who helps everyone to connect deeply to their creative core. As an engaging speaker, writer, and coach, she has delivered talks and developed courses on topics such as journaling, finding your unique voice, dealing with the inner critic, embracing yourself as an artist (even if you don't have a creative bone in your body) and presenting powerfully. Named by the Huffington Post as "[One of the Top Five Women Podcasters You Must Listen To](#)," and Entrepreneur.com as [One of the Top 25 Podcasts for Entrepreneurs](#), Jamie inspires a passionate creative community, helping them find the courage and confidence to follow their dreams. Jamie has an MA in drama (University of Toronto), a certificate in Expressive Arts (The Create Institute) and is a certified co-active coach. In addition to hundreds of blog posts, she has been published in [Desire to Inspire](#) by Christine Mason Miller, [The Shero's Journey](#) by Jennifer Loudon, [How to be a Morning Goddess](#) by Leonie Dawson and [The Delicious Truth about Getting Older](#) by Susannah Conway.

Long Bio

A creative luminary, coach, speaker, writer, artist, blogger and podcaster, Jamie Ridler's passion for living from the heart of creativity knows no bounds. From her first business, laundering Barbie clothes, to the founding of [Jamie Ridler Studios](#), an online hub for bringing creativity to life, Jamie has always been a creative with entrepreneurial leanings. Perhaps with her MBA dad and artist mom, that was inevitable. Now Jamie channels her energy into online invocations to a more creative life, creating space and opportunity for each of us to discover and express our creative selves in new and powerful ways. She deeply believes that by awakening our creative capacity, we will not only change our lives for the better, but also the world!

After realizing that she was not designed for the world of academia (she spent more time in the theatre than in the library), Jamie walked away from her doctoral studies in drama to discover a new path. Only when she asked herself, "What has always been with me?" did she find her way. Creativity, leadership and helping had been the constants in her life and they would come together beautifully in work as a creative coach and entrepreneur.

Now Jamie serves her clients, students and audiences by bringing together all of her creative passions.

Jamie is...

- **A blogger.** Blogging since 2006, what began as a fun and inspiring pastime transformed into a [full-fledged business](#) offering content, classes and coaching that helps people bring their creativity to life.
- **A podcaster.** With 250 episodes recorded, [Creative Living With Jamie](#) is a long-running, much-loved podcast featuring interviews with creative rock stars such as Julia Cameron, Brené Brown, Danielle LaPorte and Natalie Goldberg. This powerful podcast has been recognized by The Huffington Post, Entrepreneur and iTunes as a major contributor in its field.
- **A YouTube sensation.** With episodes reaching over 10,000 views, [Creative Living TV](#) allows Jamie to reach audiences around the world to share fun, easy lessons on art, crafting and creativity.
- **A writer.** In addition to writing 10 years' worth of blog posts, Jamie has been published in *Desire to Inspire* by Christine Mason Miller, *The Shero's Journey* by Jennifer Loudon, *How to be a Morning Goddess* by Leonie Dawson, *The Delicious Truth about Getting Older* by Susannah Conway.
- **A speaker.** With her background in performance and teaching, Jamie is an engaging workshop leader and an in-demand speaker. She has appeared on dozens of telesummits and presented to entrepreneurial and community-minded organizations such as eWomen Network, Ladies Who Launch and GDay, as well as serving as a role model for Fresh Collective.
- **A Creative:** Jamie's heart and experience are deeply rooted in the expressive arts, from her early love of dance to her Masters degree in Theatre from the University of Toronto. As performer, she's appeared most often as archetypes and icons with roles ranging from Imagination (aka Imogen Nation) and Papa Smurf to *The Authoritative Voice* and *Sexual Desire*. Now you can most often find her love of performance expressed through speaking, leading and teaching

both in-person and on-line. Additionally, she has built an extensive body of work in the visual arts, including photography, mixed media and watercolour.

- **A Do-Gooder:** On Valentine's Day 2016, Jamie brought to life a seed that had been sitting in her heart for years, a simple idea that she believed would make a big difference in the lives of girls around the world. Knowing the impact of having a safe and courageous place for yourself, Jamie launched Give a Girl a Journal, an international initiative designed to get journals into the hands of girls. What could be simpler than something to write with and something to write on? What could be more profound?

Credentials

- Masters in Theatre from the University of Toronto
- Expressive Arts Certificate from The Create Institute (formerly ISIS)
- Certified Professional Co-Active Coach (CPCC) from The Coaches Institute

What They're Saying

- Huffington Post: "This podcast is perfect for female entrepreneurs and women who are looking to grow their blogs, online media presence and creative spirit."
- Entrepreneur.com: "The whole point is to show you how living creatively can help you grow on a business and personal level. The special guests on the show share their views on the world and how their creativeness got them to where they are today."
- iTunes chose Creative Living Jamie podcast as: "Inspiring Women's Voices"

Testimonials About Jamie

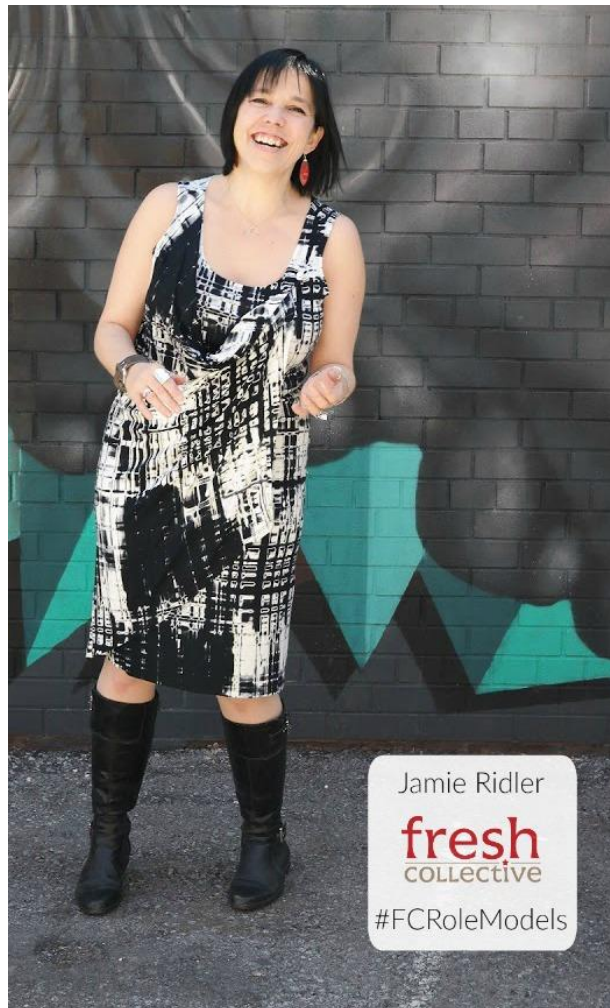
- “Jamie helped me to recognize myself as a valid, creative person who has work worth sharing with the world.” James Thompson
- “Working with Jamie has taught me to dare more, risk more.” Helen Yee.
- “I have more creative energy, more magic, more dreams and more tools.”
Glenda Miles
- If I were to assign an archetype of the tarot for Jamie, it would truly be the magician. She takes my words, my heart, and my wishes and through her skill of listening and insight transforms them into pearls of clarity and practicality, leaving me with a step-by-step road map to my dreams. Alma Sipilä

Photos of Jamie





Creative Living Bookshelf



Jamie Ridler

fresh
collective

#FCRoleModels

A Selection of Offerings:

