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## The hero's journey: a strengths-based life purpose workshop for artists

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### Abstract:

There are several qualities of the artistic labor market that create challenges for artists to sustain their careers: a flexible job market characterized by short-term contractual labor, multiple job-holding, and a combination of self-employment, underemployment and unemployment. These issues prevent the development of a cohesive artistic identity and subsequently affect artists' self-efficacy, motivation and commitment. In addition, artists often lack the career development training and skills necessary to succeed in portfolio or protean careers. The proposed career development workshop is designed to address these issues by helping participants define their overarching life purpose, and use it as a tool to help them set goals, explore, and generate new opportunities.

### Description:

Includes bibliographical references (pages 97-105)

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