



Episode # 30

Pivot Point Story: Ann Shenfield

Ann knew her path was a creative one. A moment of clarity when she had to make the choice between science and the arts. This is her journey as a filmmaker, animator poet and author and how she learnt to manage rejection and harness the accolades.

Top Tips

Simple steps to action

Keep going

If it's something that you're really hoping for then re-apply (and re-apply again, and again if needs be.) Each time you do this your application will hopefully get stronger and you'll also have less to lose.

It also might help to remember that many other people in the arts, even those who we perceive to be incredibly successful also often struggle - even as they achieve seemingly impossibly huge milestones.

It's important to know that rejection is a part of life in the arts and that generally-speaking it's not directed or personal, so try not to let it eat away at you.

This can be hard and sometimes it is worth just taking time off, a day (or even week) to give yourself space to recover.

Be disciplined about your creative work but also in terms of regular output aim for something achievable and low.

If you focus too much on the end product, it can be inhibiting - sometimes small aka tiny steps are a better way to make progress. It's important to be disciplined about this, it's work, after all. For me it helps to aim low (sometimes very low) so that each day I don't feel guilty about not achieving as much as I'd hoped. Also, that way, when I've done a small amount, it leaves me feeling positive - especially if I do more than I set out to do, which often happens, and it seems like I'm making progress instead of being overwhelmed by everything I still need to do

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The Floating Forest (Outside of a dog books, 2021) is available at Readings Kids, The Little Bookroom, Wilkins and Kent, and Brunswick Bound or contact me via my website