WHERE CALLING AND CREATIVITY COLLIDE

...art as a sacred tool for healing

A CONVERSATION WITH ANIKA PLOWDEN-CORENTIN · BY GISELLE HUDSON

Some people step into their purpose. Others are summoned. That's the word that came to me as Anika Plowden-Corentin shared her journey: not just as an artist, but as a woman called to hold space, to heal, and to reimagine what creative power looks like in community.

Anika is the founder of Chosen Hands, a nonprofit art and wellness initiative that blends artistic expression with emotional restoration, personal development and grace. It's not a program. It's a movement. A quiet, soul-led one.

A LINGERING EMPTINESS

She told me that for a long time, she moved through life hitting the expected milestones: work, achievements, the external metrics of "success." But something was missing.

> *"I became disenchanted with the routine. There was a lingering emptiness. I wasn't using my innate gifts meaningfully."*

That moment, that inner dissonance, is something I recognize immediately. In the Hudson Alignment Framework™, it's what I call a Zone of Genius constraint. It happens when you know there's more in you (more purpose, more truth, more aliveness) but you're stuck performing someone else's version of success.

AND THEN, ART FOUND HER

Not the way we talk about it on gallery walls or museum tours, but as a force. A guide. A path back to centre.

"I was obedient enough to listen and follow," she told me. That sentence alone holds the entire arc of her story.

Through Chosen Hands, Anika offers more than creativity; she offers clarity. A place to bring the parts of you that feel unfinished, unsure or unseen. And she meets each person right where they are.

"There's a strong desire for perfection," she said of the youth and adults she works with. "Many abandon their artwork midway, believing it's not good enough."

WHAT IF IT ISN'T GOOD ENOUGH?

I've seen this same constraint in CEOs. Creatives. Consultants. Entrepreneurs. The title doesn't matter; the fear is the same: what if what I create isn't good enough?

What Anika does is reframe the entire question.

> *"Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep."* — *Scott Adams*

Anika keeps the truth. The essence. The imperfect beauty of a person discovering their voice for the first time.

When the work feels heavy, and it does, she doesn't push through blindly. She returns to her why. She returns to God. And she remembers: "The work will be done. You do have a choice." And so, she chooses. Every time.

In that, there's an invitation for all of us:

- You don't have to be perfect. You just have to show up.
- You don't need every brushstroke to land. You just need to start.

ALIGNMENT IN ACTION

I believe alignment is about allowing who you are to fully support what you do. And Anika lives that. She moves with integrity. She pivots when the season calls for it. She makes space for people to be real. That's People First Alignment in action, and it's rare.

> *"Creativity requires movement. But the results? Pure perfection. Not because they're flawless, but because they reach the right people at the right time."*

Let that sit with you.

Her most aligned yes came years ago, at 20, when she took a risk and exhibited her work at Planteurs. She called the exhibition *Taking a Line for a Long Walk*.

And isn't that what this life really is? A long walk. A scribble turning into a shape. A whisper that becomes a calling.

> *"Art enables us to find ourselves and lose ourselves at the same time."* — *Thomas Merton*

Anika is doing exactly that, for herself and for others.

She plants. She waters. She sows into lives. And the harvest? It may not look like a masterpiece in the traditional sense. But it's rich. It's sacred. It's aligned.

And that's everything.

THREE TAKEAWAYS FROM ANIKA'S SPOTLIGHT

1 *Art is a tool for healing and wholeness.*
Anika uses creativity as a sacred, restorative force, helping others process trauma and reclaim their narratives.

2 *Purpose emerges from listening.*
Her journey wasn't forced. It was led by obedience to an inner calling, and alignment came when she surrendered to that truth.

3 *Presence, not perfection, is the goal.*
Even the unfinished parts of our stories are worthy. Showing up is the miracle.



Anika Plowden-Corentin

Artist and founder of Chosen Hands, a nonprofit art and wellness initiative in Trinidad and Tobago that blends artistic expression with emotional restoration, personal development and grace.

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