PRESS RELEASE

Mindset Coach Yasemin Karakaya Outlines Three Group Workshops

Yasemin Karakaya

October 31, 2026

LONG BEACH, CA - Yasemin Karakaya, a mindset coach and trainer who worked in human resources for 18 years before turning to coaching, has outlined the three group workshops at the center of her practice. The programs focus on creativity, nonviolent communication and growth mindset, and each runs over a set number of weeks.

“The essence of the work I do in individual coaching, corporate training and the Sanatçının Yolu workshops is this: noticing the story a person tells themselves, seeing where that story limits them and trying to look at it from somewhere else,” said Yasemin, mindset coach and trainer. “The situation often stays the same; what changes is where you look at it from.”

She describes her years in recruitment, development and performance as the foundation of her current work. She has worked as a trainer since 2019 and as a one-to-one coach since 2021, and her methods draw on psychologist Carol Dweck's growth mindset research.

The Sanatçının Yolu (The Artist's Way) workshop is a 12-week creativity program based on Julia Cameron's 1992 book The Artist's Way. Participants write three pages of free-flowing Morning Pages each day, set aside a two-hour Artist Date on their own each week and join a weekly guided group session. The page lists entrepreneurs, professionals, artists and homemakers among its audience and notes that groups meet online through Zoom or in person.

Each week centers on a theme drawn from the book, moving from recognizing an inner critic in the first week to building sustainable creative practices in the twelfth. New cycles usually begin in January, April and September, according to the workshop page.

The second program, Şiddetsiz İletişim (Nonviolent Communication) is a 14-week live reading and practice circle built around Marshall Rosenberg's book Nonviolent Communication, read in its Turkish edition. Sessions take place on Zoom on Saturdays from 21:00 to 23:00 Turkey time, and each week combines a short reading, examples and shared practice.

The circle follows Rosenberg's framework of observation, feelings, needs and requests, then moves on to empathic listening, self-empathy, difficult conversations, boundaries, anger and conflict resolution. No prior experience is required. The current cohort held its first meeting on October 3, 2026, and is expected to finish in early January 2027.

The third program, the Mindset Her Şeydir (Mindset Is Everything) workshop, is an eight-week online program based on Dweck's work on fixed and growth mindsets. Weekly Zoom group sessions are paired with a WhatsApp support group, and the program asks for about three to four hours a week.

Its weekly themes run from mapping current beliefs and working with fear to building daily habits; the next cohort has no start date yet, and the page offers a waitlist. Karakaya also offers individual coaching, corporate training and talks in Turkish and English, and hosts the Turkish-language podcast Mindset Her Şeydir.

yaseminkarakaya.com .

Media Contact

Yasemin Karakaya

Email: karakayayasemin@gmail.com

Website: https://www.yaseminkarakaya.com

MEDIA CONTACT

+18592975600
Long Beach, United States