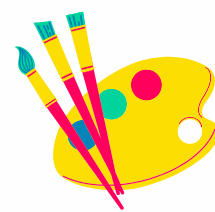




What Small Business Teams Can Learn From Creating Art:



The Art Oasis aims to empower small business teams and individuals to grow and thrive using the creative process to strengthen the sense of calm, cooperation and confidence for all stakeholders.

Neuroscience tells us that "right-brained" creative endeavors bring us back to ourselves. And that is always a good thing. We know that painting is fun and entertaining, but also that it's not always about the paint or the project or the people. This is SO much more going on than a colorfully messy activity and there is research to back it all up.

FUN: Fun is one of the keys to happiness that creates a temporary release from self-imposed and internalized restrictions, (like professional or social obligations) by actively engaging us in an activity for pure enjoyment. This unlocks creativity, bringing us closer to mental/emotional balance and a happier more fulfilled life at home & at work.

SELF-CARE: The creative process is an act of Self-Care that supports emotional and mental well-being and connects us with our sense of self and others, helping to create a more calm and cooperative work environment.

SENSORY BALANCE/INTEGRATION: It's a multi-sensory experience that strengthens our visual and fine motor skills as it builds the neural connections in both sides of our brains, reducing stress and anxiety and helping us to feel more grounded, observant & focused. This reduces conflict and fatigue and improves productivity.

STRESS REDUCTION: Playing with paint at a messy table of friends, co-workers is novel, calming, reassuring and engaging. While we're focused on the process of expressing ourselves through art, we're not focused on stress. This break, even if only for a few hours every month, is a **MUST**-have for our stressed minds, bodies, and emotions. Creating something colorful improves our ability to think critically and make decisions quickly when necessary.

PERCEPTION: Painting & creating helps us see things from different perspectives, make sense out of those things we don't understand and helps give new meaning to our work, our personal missions and our individual and collective lives.

INTERPERSONAL/SOCIAL CONNECTIONS: It brings people of all backgrounds, cultures and abilities together on common ground, as it encourages connection and cooperation in a casual, social and inclusive environment.

INNOVATION: creating art can help build self-awareness, critical thinking and problem solving, innovation and leadership. It provides a reframe and expanded perspective of everyday life and a broader sense of our collective importance and purpose, showing us what is possible.



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267-245-5938

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