

GLOW CREATIVE HEALTH



Art as Therapy is a powerful technique that combines creative expression with psychological healing. It's rooted in the idea that engaging in artistic activities can foster mental well-being and promote healing.

It is also a fun and enriching experience to do in groups to help promote mindfulness, relaxation, connectedness, bonding and engagement.

Sessions are tailored to the needs and preferences and begin with an MBSR meditation or progressive muscle relaxation exercise and followed by a group art as therapy activity led by Jen, an Art as Therapy Facilitator.

The sessions are a great activity for get togethers, weekends away, corporate team bonding events, hen parties, birthday's and much more!

Prices (for locations in Sydney)

Standard sessions run for 2 hours + 30 mins to set up and pack away.

If you are looking for a longer or shorter event, I can tailor the workshop and pricing to your needs.

All materials included in the price.

0 – 6 people - \$100 per person.

6 – 10 people - \$90 per person

10 + people - \$80 per person.

Example Activities –

Mindful watercolour flowers



Goal – To promote mindfulness.

After a relaxing mindfulness-based stress reduction activity, we begin painting watercolour florals. This activity combines the calming influence of nature and the soothing qualities of watercolour as a medium, as a means of promoting mindfulness and relaxation.

Give and take painting.



Goal – To Give Guidance.

Participants engage in a creative exercise to help them explore emotions and things that are no longer serving them. The session also helps to identify emotions they wish to attract into their life. The aim of the session is to help participants identify any small steps they can take to elicit change in their lives.

Group based activity – our mission & values, collaborative canvas – perfect for corporate events.



Goal – Team Cohesion

This group activity brings participants together to create a visual representation of the company's mission statement & values.

The activity is designed to help teams connect and enhance cohesion whilst helping them align and connect with company values and purpose.

For more information or to book an event, please contact me on:

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[Glow Creative Health - https://glowcreativehealth.com.au](https://glowcreativehealth.com.au)

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