

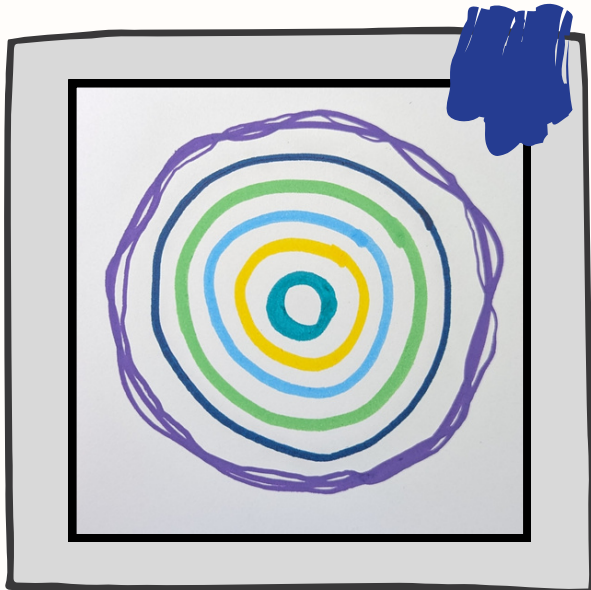


Mindful Art

PROFESSIONAL DEVELOPMENT ENCOPERATING MINDFUL ART INTO YOUR PRACTICE

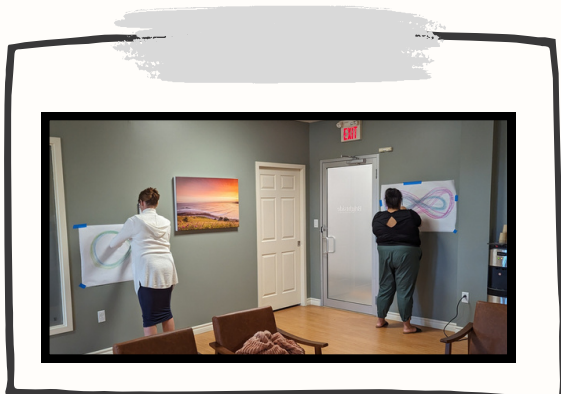
WHY MINDFUL ART?

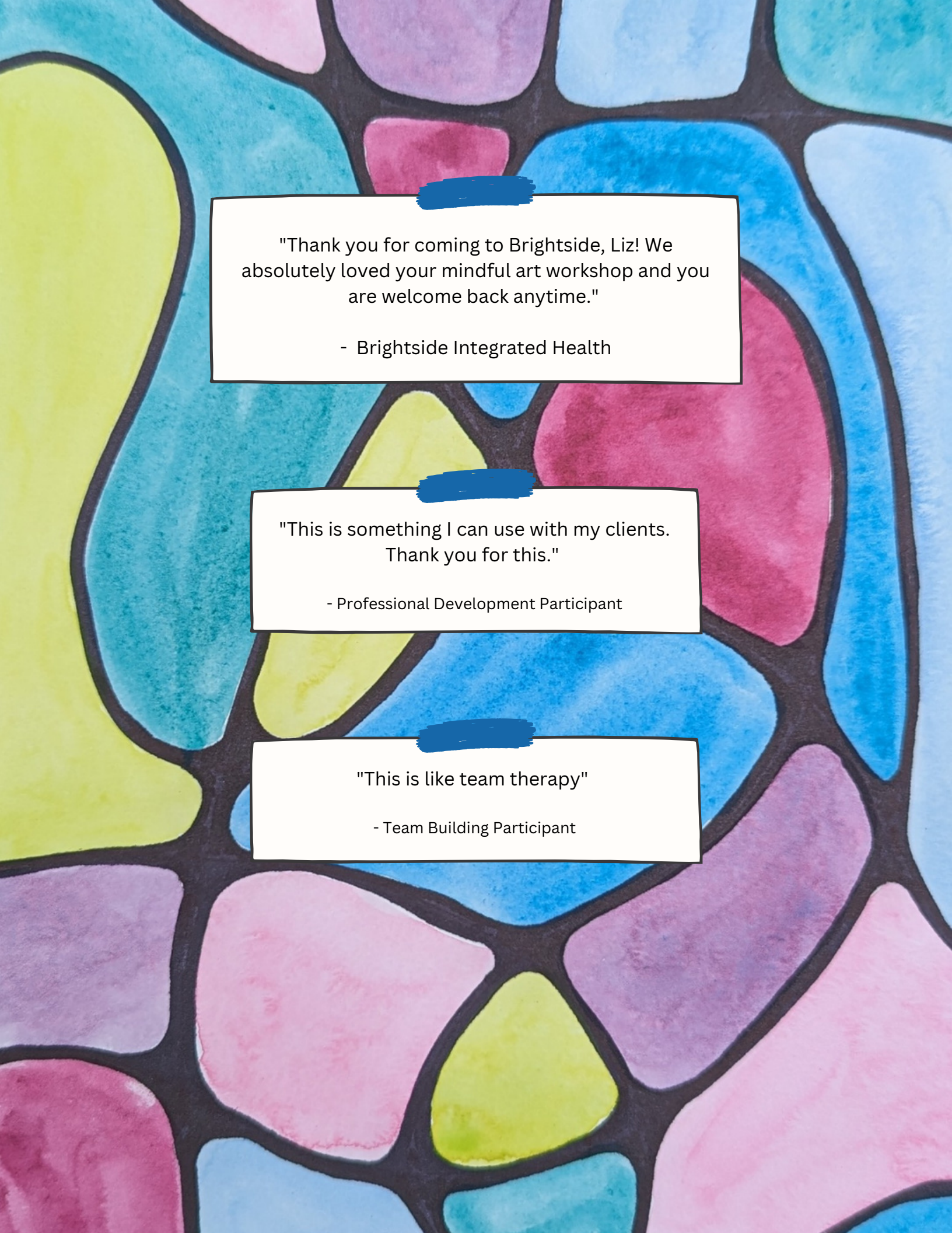
Mindful Art is an engaging process that can be used by clients/students and staff to support emotional health resulting in reduced stress/anxiety, improved sleep, and increased focus.



WHAT TO EXPECT

- Ideal for for staff teams in a helping profession.
- Workshop includes an overview of mindfulness, time to practice 4-6 mindful art exercises that can be used again, and information on how each exercise can be adapted to use in a variety of situations with clients/students.
- Mini team building exercise (optional)
- 2 hours in length
- All materials provided.
- Opportunity for questions.





"Thank you for coming to Brightside, Liz! We absolutely loved your mindful art workshop and you are welcome back anytime."

- Brightside Integrated Health

"This is something I can use with my clients. Thank you for this."

- Professional Development Participant

"This is like team therapy"

- Team Building Participant