



Creativity and Mindfulness for employees well-being

Joy Pack

Pressure, deadlines, new projects, extra working hours, less-than-ideal relations with colleagues and boss, can create a really bad work environment sometimes and, of course, stress.

Don't worry about it! You don't need extraordinary and sensational actions to solve the situation but simple and effective initiatives of care and understanding.

For this I created an online program where, each participant can feel sufficiently protected and listened to and:

- express freely his or her inner creativity
- relieve stress and being able to manage it
- transform negative emotions into positive ones.

PROGRAM DETAILS

The program is experiential and is delivered in 8 webinars of one hour and half each for a total of 12 hours with one session per week.

BENEFITS

It explores emotional intelligence through active art-making and mindfulness for:

- inspiring a sense of well-being
- relieving stress and preventing burnout
- releasing emotions and managing behaviors
- fostering self-awareness and self-esteem.

GOOD TO KNOW

The webinars are in English and for maximum 8 participants.

