



# How to reduce employees stress with art-making

## Free Webinar

Are you ready to make your team happy? In this free and interactive 1-hour webinar, by experiencing the creative process, employees will feel more relaxed and motivated. In addition, they will discover a new form of self care. Are you in? Getting started has never been so simple .

Book a no-pressure call so we can chat about your needs and see if we're a good fit for each other.

If the shoe fits, we'll set up our interactive 1-hour free webinar defining details about goals, who and how many participants, basic art supplies required and date.

Get this 1 hour of wellness based on art-making for your team. They will be really grateful to you!

### DETAILS

**The webinar is free** and takes up a maximum of one hour. It will help you and your team discover a new form of self care.

### 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 webinar is in English and for maximum 8 participants.

