

FATIMA ALQASSAB

Creative Wellness Facilitator

I design and facilitate creative wellness experiences that help individuals and teams gently release mental and emotional overload, reconnect with presence, and leave feeling lighter.

My work is rooted in the belief that creativity is not about performance, but about expression, regulation, and renewal. Through thoughtfully designed sessions, I create emotionally safe spaces where participants can slow down, let go, and return to themselves, often realizing how much they needed the pause only after experiencing it.

Signature Experience

Release & Renewal

A Creative Wellness Reset

A guided creative wellness experience designed for calm, reflective teams seeking rest, clarity, and motional reset.

Participants are invited into a gentle, intuitive flow of grounding, creative expression, and intentional renewal. Sessions are designed to feel accessible and non-performative, using creative and embodied practices that require no prior experience. Sharing is always optional, and the focus remains on presence, ease, and internal clarity rather than output or analysis.

Participants often leave feeling:

- Emotionally and mentally lighter
- More present and grounded
- Quietly refreshed and renewed
- Gently reconnected with themselves

Additional creative wellness experiences can be designed upon request.

Approach

My sessions draw from a range of creative and wellness modalities, including visual expression, reflective practices, gentle movement, sound, and somatic awareness. Each experience is intuitively shaped to meet the energy of the group, allowing space for both release and restoration in a way that feels natural and contained.

Background

With a foundation in Fine Arts and creative facilitation, I bring a strong sensitivity to visual language, emotional pacing, and experiential design. This allows me to create sessions that feel aesthetically intentional, emotionally safe, and deeply human, even for participants who do not consider themselves “creative.”

Selected Experience

Facilitated creative wellness sessions for community and festival settings, including curated wellness events and group workshops.

Including:

KAYAN FESTIVAL, ABU DHABI.

THE SAMA FESTIVAL, ABU DHABI.