

# MINDFUL CREATIVITY FOR WELLBEING



Our Mindful Creativity for Wellbeing Sessions are a holistic initiative that integrates Art, Mindfulness and Neuroscience. The objective of these workshops is to promote self-care, relaxation, awareness, alleviate social isolation and support overall wellbeing.

Participants will be invited to participate in grounding exercises, creative observation and play. All exercises are anchored in neuroscience (Polyvagal Theory by Dr Stephen Porges) and based on the latest Arts and Health research. Participants are guided to explore their unique creative expression while using the exercises to find safety and ease in the body. All workshops are conducted in a way that supports inclusion, transcends self-judgement, while allowing space to explore the personal significance of symbols, textures, colours and shapes.

The growing adoption of similar creative interventions in health settings worldwide underscores the recognised benefits of creativity for overall wellbeing. Adapted versions of this program have been successfully implemented for various industry and community groups.

This initiative could include a single workshop, a four-week series or an ongoing regular session tailored to your organisations needs. Each session, usually lasting approximately 60 minutes - though totally flexible and adaptable - employs artistic and tactile approaches that explore different themes. Grounded in research that highlights the connection between inner purpose and wellbeing, our creativity workshops provide an exploratory and imaginative environment for participants to visually and symbolically reflect their inner experiences, fostering greater present awareness and social engagement. Increasing evidence supports the positive correlation between creativity and wellbeing, showing that even brief engagement in creative activities can yield significant health benefits. One study from Drexel University's College of Nursing and Health Professions revealed that creating art for just 45 minutes can lead to a notable decrease in the stress hormone, cortisol.

# GROUNDED IN RESEARCH

RESEARCH INDICATES A LINK BETWEEN  
PERSONAL MEANING AND WELLBEING



Improved Emotional  
Health & Wellbeing



Increased Productivity



Personal Connection



Higher Staff Retention  
Reduced stress leave



Increased Engagement  
& Motivation



Creative Capacity  
& Innovation Increased

Participants from all backgrounds will be welcomed into a space free of judgement, safe enough to play, without pressure to share or analyse. Each workshop has a stand-alone process, making it convenient to attend a single session or any combination throughout the program.

NO PRIOR ART EXPERIENCE IS NECESSARY AND  
ALL MATERIALS ARE PROVIDED.



## SESSION 1 ink

*You, Me, Us*  
Using French ink drawing to map the connection of individual meaning to team goals; letting go and receiving.

## SESSION 3 sculpt

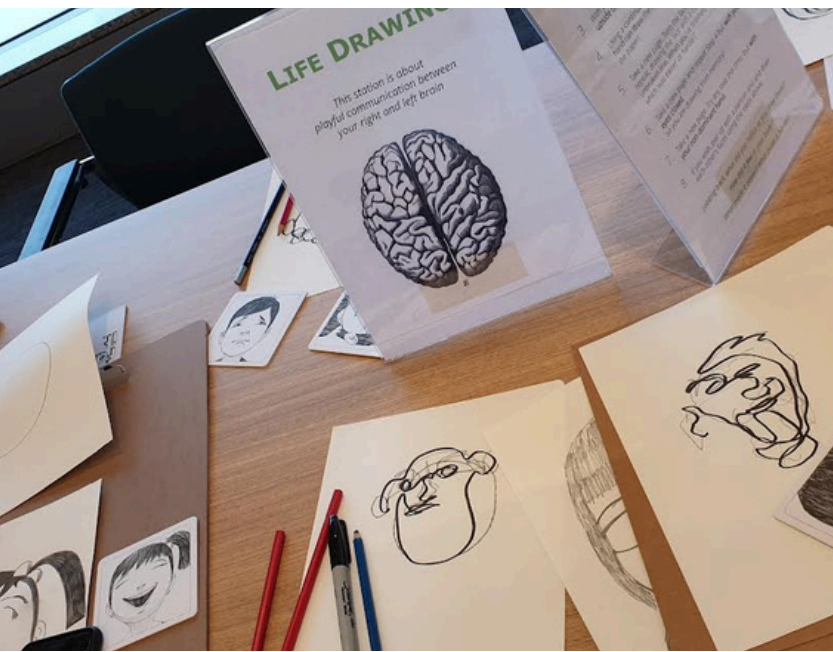
*An Anchor and a Well*  
Creating a mini-sculpture to represent a sense of anchoring to personal values and strength, amidst chaos and stress.

## SESSION 2 sketch

*Fear or Courage?*  
Using left + right brain experimental drawing in pairs to mirror mindful awareness and taking meaningful risks.

## SESSION 4 etch

*Open to Surprise*  
Using black paint with pastels to free-explore the concept of wisdom that emerges through stillness.





**"Wonderful initiative.  
Well run. Thought provoking.  
Great facilitator. Good  
networking opportunity."**

*Manager (Deloitte)*

## **practical**

"I can bring mindfulness to work and that will help with keeping calm and enjoying work. It requires discipline and practice. When I am stressed out my mind can't focus well and jumps between too many tasks."

*Personal Assistant*

## **supportive**

"I liked that each week we used a different medium. I also thought the group sizes were perfect. Meeray and Aaron were also very encouraging and that definitely helped people who may have felt they weren't artistic."

*Administrator*

## **revitalising**

"I felt relaxed and renewed – almost like I could accomplish anything. It was a calming and reflective 45 minutes spent focusing on creating art rather than what was going on in my head."

*Client Service Administrator*



## PROFESSIONALLY LED

The workshop provider is Ms Meeray Ghaly, a PACFA Reg Clinical Psychotherapist, with 14 years experience in private practice. Previous versions of this program were developed with support from Dr Aaron Ghiloni, former director for the Centre for Practical Spirituality, New Farm, Brisbane QLD and offered in a community setting, adapted for international university students and for staff at Deloitte Brisbane.

Meeray Ghaly has facilitated group art projects and therapeutic work in corporate, clinical, tertiary academic and community settings and previously taught at university. Previously, Meeray has worked for an NGO as an outreach Art Worker at Concord Psychiatric Unit in Sydney and been a team leader for psycho-spiritual end of life care. Meeray holds degrees in architecture and counselling and is a registered clinical member of PACFA (Psychotherapy and Counselling Federation of Australia).

She is the founder of Living Neuro, a psychotherapy practice which utilises expressive therapies, depth psychology and neuroscience to help people find greater ease, better understand and transform their lives and access their innate gifts and strengths. Living Neuro is fully inclusive of people of diverse backgrounds and welcomes all to experience the benefits of the wellness programs.

FEE: to be determined

*Fees have historically covered up to 20 participants per week for a four-week workshop series including materials, set up and clean up.*

*Should you wish to explore a tailored program that meets the requirements of your organisation, please feel free to reach out to me. Provided the overall ethos in this prospectus aligns with your objectives and aspirations, I would be pleased to develop a unique program specifically designed to suit your needs.*

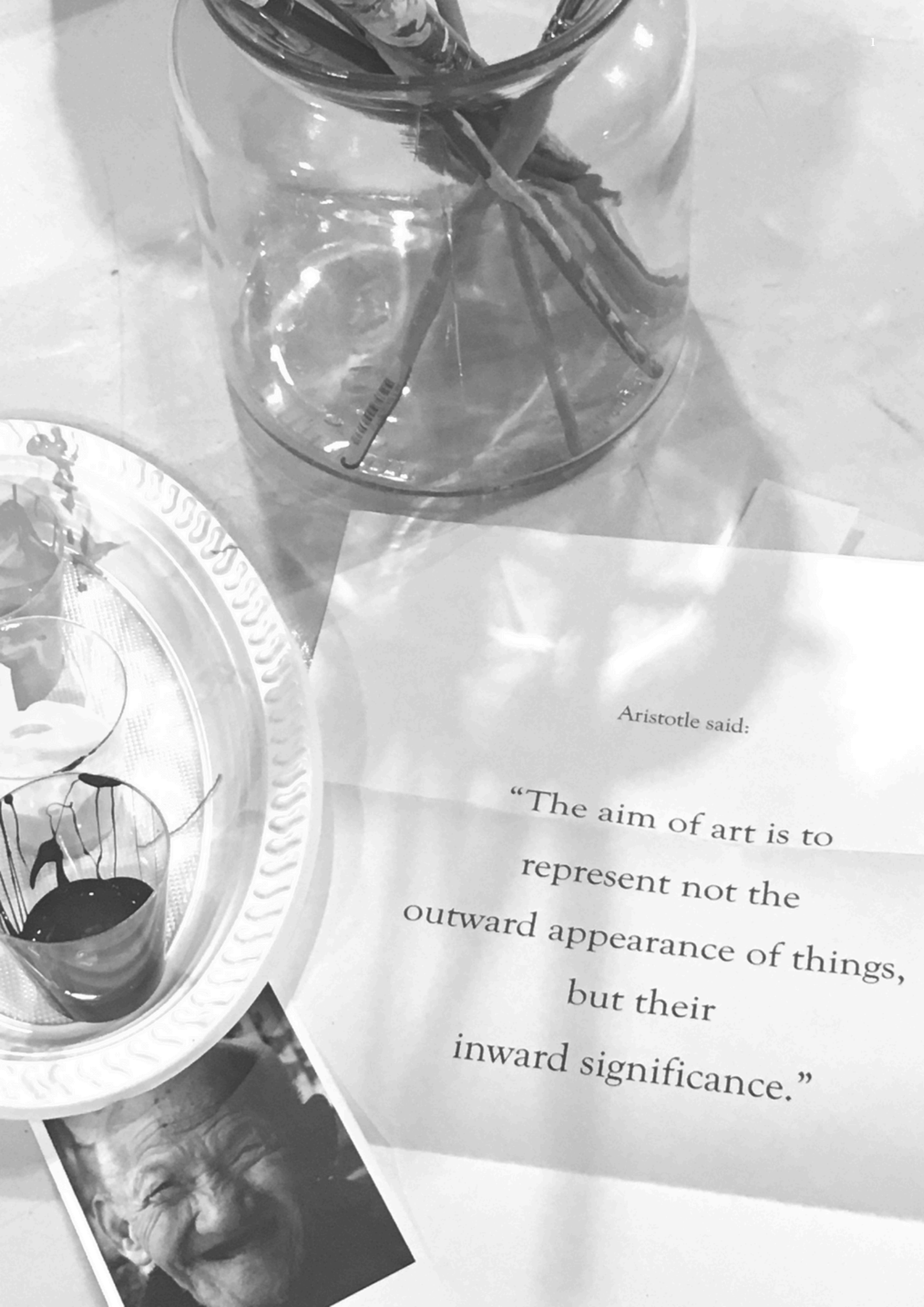
CONTACT

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Aristotle said:

“The aim of art is to  
represent not the  
outward appearance of things,  
but their  
inward significance.”