

Art therapy

Enhancing well-being
and development in
the workplace
through arts, play and
coaching

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Bespoke workshops for fun and personal growth

Harness the power of arts to :

- boost creativity and innovation
- release and relieve stress
- manifest intentions and gain clarity through powerful visualisations
- increase energy and vitality
- create meaningful connections
- support mental well-being
- promote relaxation and mindfulness.



www.anneclairehoyaux.com

Anne-Claire Hoyaux art therapist



Former diplomat and humanitarian worker, Anne-Claire is an art therapist and career coach based in Lisbon since 2019. She specialises in designing and facilitating dynamic group workshops that use expressive arts for both fun and personal growth. Her sessions offer a wide variety of artistic media including painting, drawing, 3D creations, photo-language, creative writing, journaling, music, role play and movement.