



Sara de Sousa e Andrade

Art Consultant, Curator & Cultural Storyteller

With over 25 years of experience in the art and cultural heritage sectors, I bring a multidisciplinary approach that connects history, creativity, and human development. My work moves across curatorial practice, art consultancy, and education — always guided by the belief that art is a living force for clarity, connection, and transformation.

I specialize in creating experiences where art becomes a mirror — a way to think, to feel, and to be. Through workshops, lectures, and immersive sessions, I help individuals and organizations rediscover creativity, cultivate mindfulness, and develop emotional intelligence through visual culture.

My sessions are tailored for professionals seeking renewal, insight, and aesthetic inspiration — whether through the contemplative power of an artwork, the creative freedom of expression, or the reflective depth of collecting.

Based in Lisbon, I collaborate internationally, offering both online and in-person sessions. My network includes curators, artists, and cultural professionals across Europe and Latin America, allowing me to design bespoke cultural programs, art trips, and corporate experiences rooted in authenticity and purpose.

At the intersection of art and vitality, I invite people to slow down, observe deeply, and reconnect with meaning — through beauty, culture, and imagination.