

Creative, embodied and reflective experiences for
healthier, more connected teams.

Creative Wellbeing for Workplaces GUIDE

www.yourhealingarts.com

Kasia Kowalska



WHY CREATIVE WELLBEING AT WORK?

Every workplace is built around people.

When people have opportunities to pause, reconnect, move, reflect and engage with one another differently, it can create space for renewed energy, perspective and connection.

I design and facilitate creative wellbeing experiences for workplaces and professional teams, bringing together accessible movement, creative expression, mindfulness, reflective practice and meaningful conversation.

The emphasis is not on artistic ability or performance.

Activities are designed to be accessible, engaging and adaptable, giving participants opportunities to step outside everyday work roles, explore something different and reconnect with themselves and one another.

Creative wellbeing can support:

- reflection and self-awareness
- team connection
- communication and shared experience
- stress awareness and regulation
- creativity and fresh thinking
- confidence and curiosity
- moments of play and enjoyment
- restorative space within demanding working environments



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Workshop Experiences



Creative Reset

A focused experiential session combining accessible movement, grounding, creativity and reflection.

Designed to help participants pause, reset and return to their day with renewed awareness and energy.

Creativity, Connection & Wellbeing

A shared creative experience using art-based activities, movement, reflection and conversation to encourage connection, curiosity and meaningful interaction within teams.

Reflect & Reconnect

A slower, reflective experience for teams working in emotionally demanding or helping professions.

Creative and embodied practices create space for grounding, self-awareness and reconnection.

Bespoke Team Wellbeing

A tailored workshop or series designed around the needs of your organisation, combining creative expression, movement, mindfulness, clay, reflective practices and facilitated conversation where appropriate.

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How Workshops Can Be Delivered

60-Minute Creative Reset

A focused, accessible wellbeing experience suitable for workplace wellbeing days, staff events and conferences.

90-Minute Interactive Workshop

More time for creative participation, movement, reflection and group connection.

2-Hour Creative Wellbeing Experience

A deeper experiential workshop with space for creative exploration and meaningful reflection.

Half-Day Programme

A more immersive experience combining several elements of creative and embodied wellbeing.

Bespoke Programme or Series

A tailored workshop or series designed around the needs of your organisation.

Suitable for:

- businesses and corporate teams
- healthcare and care-sector staff
- education teams
- charities and voluntary organisations
- helping professionals
- public-sector teams
- staff wellbeing days
- professional development events
- conferences and professional events

No previous creative, movement or artistic experience is needed.

Activities can be adapted for different bodies, abilities and levels of comfort.



Approach:

My approach is relational, embodied and process-led.

I create welcoming, non-judgemental spaces where people are encouraged to participate in ways that feel comfortable and accessible to them.

Rather than asking everyone to complete an activity in the same way, I adapt creative experiences around the people in the room.

Participants may be invited to move, make, reflect, notice, choose, experiment or connect — without pressure to perform or produce a particular result.

For me, the value often lies not in what is created, but in what happens during the process:

a moment of curiosity,

a different conversation,

a shared laugh,

a new perspective,

a sense of connection,

or simply permission to pause.

Every workshop is tailored according to the organisation, group size, setting and intended purpose.



About Kasia

Kasia Kowalska is the founder of Your Healing Arts and a Creative Wellbeing Facilitator.

Her work brings together creativity, movement, body awareness, reflection and meaningful conversation to support self-expression, connection, curiosity and personal growth.

She has extensive experience facilitating adults and diverse community groups across wellbeing, disability, recovery, education and community settings.

Kasia is currently continuing professional training in counselling and psychotherapy and deepening her study of creative, embodied and relational approaches to human wellbeing.

Her work has also led to invitations to present and facilitate at professional conferences in Ireland and internationally.

LET'S CREATE SOMETHING FOR YOUR TEAM

Workshops and programmes are tailored to your organisation and quoted individually according to duration, group size, location, materials and programme requirements.



Contact Us _____

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