



VIRTUAL ART THERAPY WITH SAHER ALI CORPORATE WELLNESS PROGRAMS

Corporate wellness programs that adopt a preventive approach to mental health focus on the holistic improvement of an individual's health.

Virtual art therapy sessions at the workplace are an ideal way for employees to *de-stress* and at the same time connect with their *creative energy*.

What is Art Therapy?

Art is used only as a *medium of expression and not to test one's artistic ability or talent*. Art therapy has many benefits; It allows self reflection and insightful learning through a creative outlet. It is a therapeutic process that enhances creativity leading to mental health.

While productivity is measurable, creativity is not. Have trust in the creative process.

**"Creativity
boosts
productivity"**



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Virtual art therapy sessions run for a duration of 60-70 minutes. They are non intrusive in nature with no personal sharing. The benefit of this is that it facilitates *self awareness* without the fear of judgement from others. It is an individualised experience in a group making it a *shared experience*.

A typical art therapy session with Saher Ali follows a three step process of tuning into one's *inner self*, exploration of the obstacles/challenges one is working with and *insightful learning through self reflection*.

She uses breath work meditation, painting and music through a *therapeutic process* to positively impact an individual's mental wellbeing.

Manage stress
and anxiety
through art
therapy

**Art to express
not to impress**



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Virtual art therapy sessions can be personalised to the needs of the company.

Existing art therapy sessions include; ***Handling those blues***- exploring and dealing with difficult feelings of sadness.

Coping with anxiety -

Therapeutic brushstrokes that will help you manage your anxiety through self reflection.

Setting emotional boundaries- exploring and working out new ways of relating to the people in your life that ensures self preservation and ***Managing roles***- learn how to manage all the roles that you play in your life with ease and comfort with virtual art therapy.



Create without worrying about a performance appraisal



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VIRTUAL ART THERAPY SESSIONS:

- Coping with anxiety
- Handling those blues
- Work-life balance
- Setting emotional boundaries
- De-stress art

DURATION: 60-70 minutes

BENEFITS OF ART THERAPY

- Alleviates Stress
- Reduces Anxiety
- Enhances Creativity
- Increases Productivity

ART SUPPLIES:

- Acrylic/poster/watercolour/tempera paints
- Canvas sheets A4 size
- paint brush & palette

Art helps you
express what
you can't
verbalise

**A place to let
yourself be- Art
therapy with
Saher Ali**

The above mentioned material is for the ideal experience but improvisation is key.