

# Additional Art Workshops to Support Workplace Wellness



Our trauma-informed art workshops are designed to give employees an opportunity to unplug, create, and connect with one another, themselves, and experience the visioning and discoveries that occur in these spaces. The art workshops listed below were specifically curated to be utilized and modified to enhance workplace wellness.

## Art Workshops Available to Everyone

### Window of Connection Workshop Series



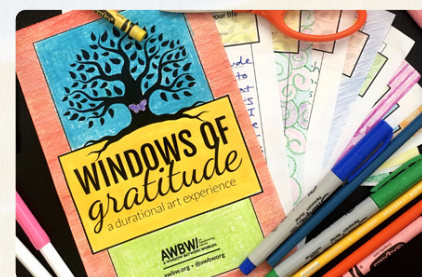
Video: Using this series to [address workplace culture](#)

### Window of Time Workshop Series



Video: Using activities from this series to address [workplace wellness](#), [communication & culture](#)

### Window of Gratitude Workshop Series



Blog: [Gratitude Is Soul Work \(& Art Work\)](#)

## Art Workshops Available to Active AWBW Facilitators

To partner with AWWB and gain access to 600+ art workshops, including those listed below, [click here](#) to register for our next 2-Day [Art Facilitator Training](#).

### Establishing Safety

- [Our Safe Home](#): shift focus to “Our Safe Workplace”

### Tools to Self-Regulate

- [Take a Break, Self-Regulate!](#)
- [Self-Regulation Toolkits](#)

### Practice Self-Care

- [Self-Care Touchstones for Trauma Professionals](#)
- [Personal Needs Flower](#)
- [The Ripples of Self-Care](#)
- [Permission Canvas](#) shift focus to participants giving themselves permission to practice self/collective-care
- [Self-Care and Optimizing Energy Levels](#)



Take a Break, Self-Regulate!



Personal Needs Flower

# Additional Art Workshops to Support Workplace Wellness



## Art Workshops Available to Active AWWB Facilitators

### Wellness

- Creating Balance Key Tags
- Inspiration Rocks!
- Your Wellness Matters Shrinky Dinks
- Cup of Gratitude



Igniting Your Inner Light

### Reconnect with Values

- North Star: focused on how participants can live into their values through their work
- Igniting Your Inner Light



Inspiration Rocks

### Communication

- Community Agreements: collaboratively create agreements focused on how staff can support one another
- Doors Are Boundaries: focus on creating boundaries with work

### Team Building

- Journey Footprints: focus on what participants want to move towards personally and/or professionally
- Touchstone Journey: focus on what participants want to move towards individually and as a team professionally
- Community Gratitude Tree
- Daring Greatly



Permission Canvas

### Staff Transitions

- Journey Butterflies: focused on their journey with fellow staff
- Journey Keepers: explore the impact staff transitioning out had on fellow staff



Journey Footprints