

# MUNCH

the ART of practicing  
less stress

Nola Diamantopoulos is the creator and facilitator for the Creative Corporates Art & Thinking programs. A one time world-wide Tax Manager in the oil & gas industry her life since 1998 is now inspired by art, creativity, education and facilitation.

A two hour Creative Program to get people in an open and playful context with art based activities that enhance the team spirit and reduce team (and personal) stress.

The benefits of attending to your creative spirit and using art as tool for less stress are:

- ◆ **Use a Different Part of the Brain:** When we are problem solving at work and stressed, the brain has the tendency to go around and around in circles. We end up thinking less about the problem and more about how the problem makes us feel - its too hard, I have so many other things to do, there is no solution to this, its not my problem etc. Immersing yourself in anything creative (painting, drawing, sculpting) engages other parts of your imagination. This engagement challenges your mind in a different way. You return to the challenge on hand thinking differently. It helps create a fertile mind.
- ◆ **A mental distraction:** By focusing your attention on something completely different (like drawing a complex shape), will at a minimum act as a distraction. This distraction, this mental pause, will help create clarity in your mind. It may not provide the solution however it will help create a clear mind.
- ◆ **In the Zone:** When we are in the 'zone' all things seem to flow effortlessly. The concentrated focus of doing something completely different access's this space. It is not dissimilar to the benefits that a meditative state provides us. And that means less stress and a ready mind.
- ◆ **A balanced Approach:** Making time on a regular basis to experience your creativity will benefit your approach to problem solving without a doubt. Seeing differently (which you explore through your visual art experiences) causes you to think differently (automatically) which in turn causes you to be different (it's a consequence).



"When I paint a person, his enemies always find the portrait a good likeness."

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The Program  
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The Art of Practicing Less Stress has 3-4 components that are tailor designed to your teams desired outcome ...

- ◆ To create an open and playful context, we start with a group drawing exercise. A still life is set up in the middle of the room, everyone stands at easels and draws what they see (or think they see). A number of variations occur during this drawing exercise that result in letting go of the outcome, looking at things from a different perspective, simply having fun and laughing lots. This exercise is linked back to specific team challenges.
- ◆ To explore what creativity means. This is a facilitated session where participant's viewpoints and beliefs about creativity and the creative process are explored. Stories are told about Picasso, Cezanne, Durer and other artists that will change participants view creativity. Its time to think differently!
- ◆ Another drawing adventure – involving faces! Do we draw what we see (with our eyes) or what we think (with our brain) we see? Its time to see differently!
- ◆ Tooling up drawing exercises. Three drawing and three innovative thinking tools are put into practice. These tools can be used anywhere anytime to access your creative spirit and your creative mind. They are easy, fun, elegant and immediately effective.

What does your team get out of this?

- ◆ An unusual experience where art and creativity are tied into team building and innovative thinking. This two hour long program is an introduction for teams who have not explored how art can be and indeed is a tool for problem solving. It develops peoples thinking approaches to generate many possible solutions. It is as much a personal development tool as it is about team building.