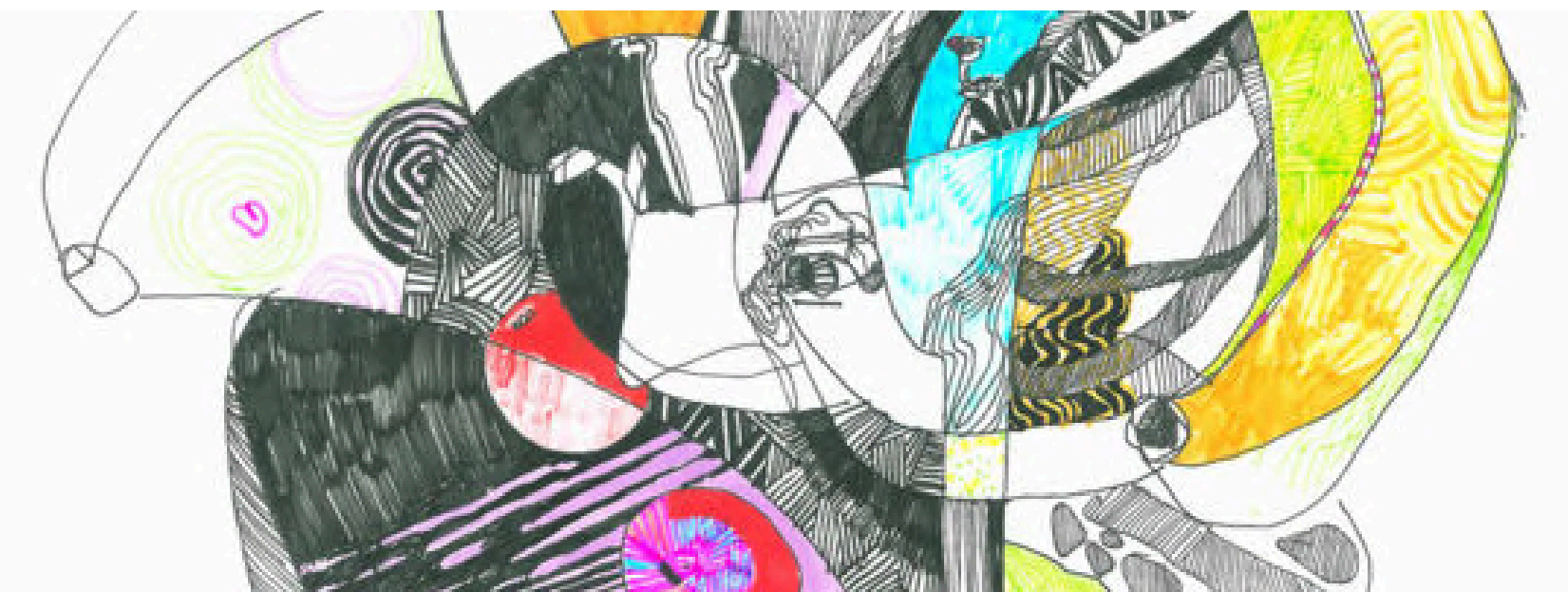




YANA'S CREATIVITY AND WELLNESS



Art is a social institution that promotes wellness and a better quality of life. With this belief, I created "Yana's Creativity and Wellness," a specialized training program for corporate workers. This initiative addresses common workplace challenges such as job burnout, stress, and psychological tension by emphasizing the importance of individual creativity and holistic well-being. In our daily lives, we often rely on cognitive, rational, and logical thinking. This program offers diverse experiences, including painting or drawing, body wellness, photography, and theater movement workshops, encouraging participants to slow down, relax, and enjoy the moment. By developing the perceptual and expressive skills of an artist, enhancing physical wellness, and fostering creative expression, "Yana's Creativity and Wellness" aims to significantly improve both personal well-being and the working environment.

Introduction

About Me

I am Yana Koretska from Ukraine, with 10 years of professional painting experience 5 years teaching art. While traditional paintings deeply resonate with me for their ability to convey the artist's essence, I find a surprising ease of communication through abstract art. Additionally, I have been sharing my expertise by conducting art classes in Dublin for the past three years, where I nurture creativity in aspiring artists.



www.yanakoretska.art



Vision

To transform corporate environments by integrating art, creativity, and wellness, promoting a culture of holistic well-being, enhanced mental health, and personal fulfillment among employees. We envision a workplace where creativity and wellness flourish, leading to improved problem-solving skills, stronger team cohesion, and a more vibrant and positive work atmosphere.

Mission

"Yana's Creativity and Wellness" aims to address job burnout, stress, and psychological tension among corporate workers through innovative art and wellness-based training programs. By encouraging relaxation, mindfulness, and creative expression across various activities, we strive to enhance mental health, foster a positive mindset, and improve both personal well-being and professional life in the workplace.

Program Offerings

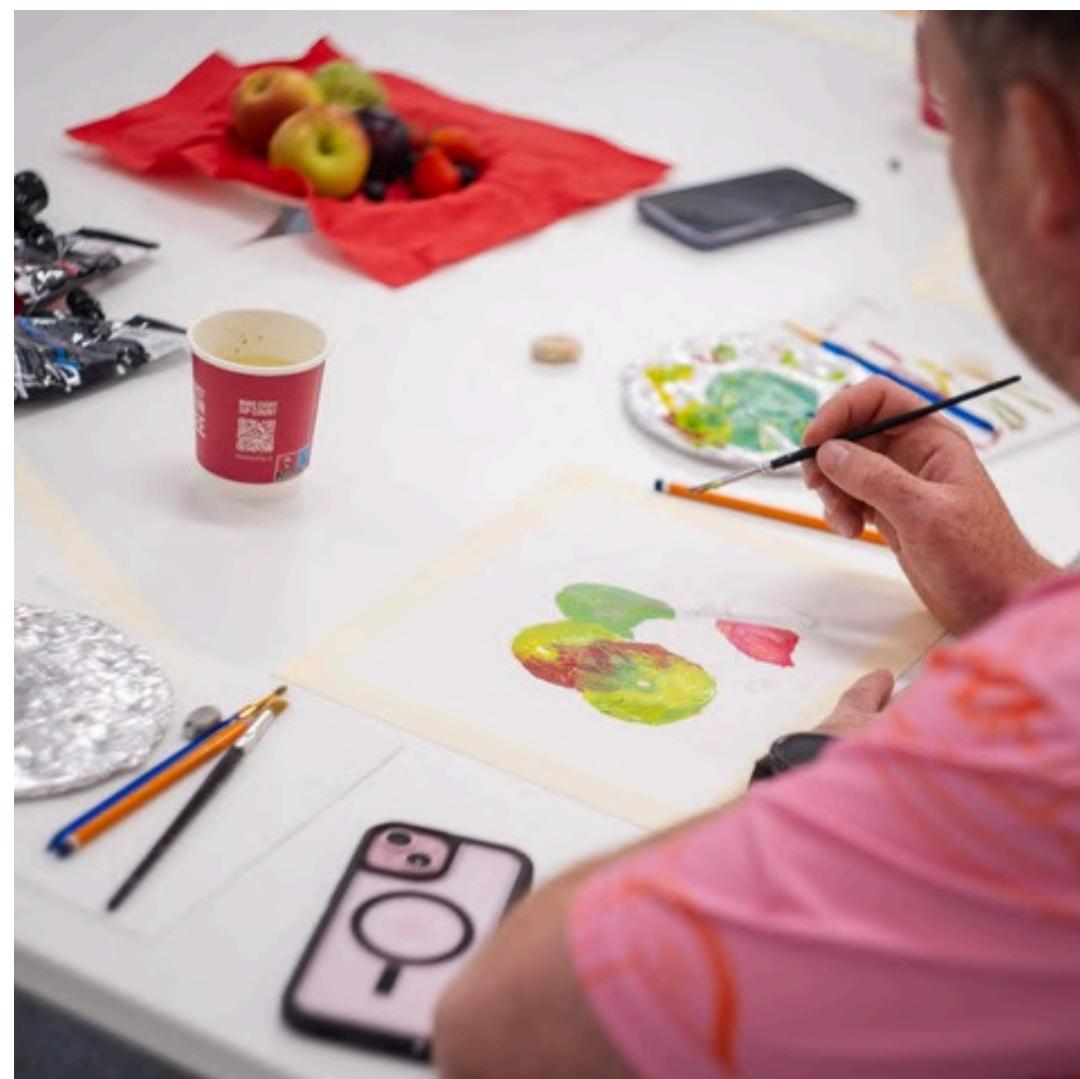
1. Art workshop
2. Body Wellness Workshop
3. Cake Canvas Workshop in collaboration with Vivi Bento Cake
4. Photography from your smartphone in collaboration with Redmarks Photos
5. Theatre Movement in collaboration with CU Theater
6. Salsa & Bachata in collaboration with Trinity Dance School



Art workshop

Activities: Painting to focus on the present moment, learning to see beauty in details.

Outcomes: Enhanced creativity, developed perceptual and expressive skills, improved imagination, mindful observation, improved office aesthetics, better calligraphy, attention to detail, enhanced memory and eyesight, improved hand-eye coordination, and fine motor skills development.



Cake Canvas Workshop

Activities: Painting directly on bento cakes using edible colors and brushes, blending art with culinary creativity. Participants design patterns, flowers, or abstract compositions while enjoying a relaxed, sensory experience

Outcomes: Encouraged playfulness and teamwork, enhanced focus and patience, stimulation of the senses, stress relief through tactile expression, improved color harmony and design skills, and a memorable, joy-filled team bonding activity with a delicious result.





Body Wellness Workshop

Activities: Gentle stretching, self-massage, breathing techniques, aromatherapy, meditation.

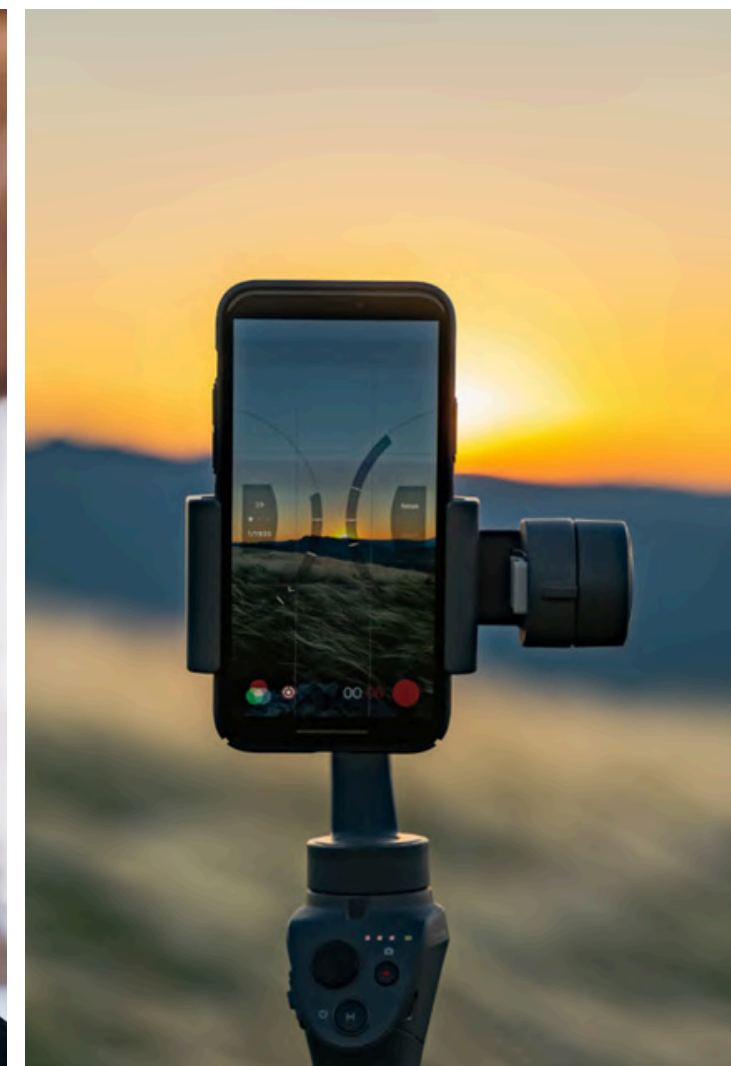
Outcomes: Release of stiffness and energy blocks, relaxation, graceful movement, improved productivity through better blood and oxygen flow, harmony between body, mind and soul.



Photography from your smartphone (in collaboration with Redmarks Photos)

Activities: History of photography, tips for taking great photos and videos for social media, group activities with light and composition with professional photographer and videographer.

Outcomes: Improved business social media content, enhanced creative and perceptual skills, mindful observation, developed aesthetic sense, improved attention and memory.





Theatre Movement (in collaboration with CU Theater)

Activities: physical theatre, brownian motion, communication without words, slow motion, story through the body, impulse, shakeout, team building games, impro game



Outcomes: Improve public speaking skills, develop self confidence and charisma, be more untied, spontaneous, understand body language, develop creativity, funny and interestingly discover yourself and open up emotionally, create safe, positive and supportive environment in your team.

Salsa & Bachata (in collaboration with Trinity Dance School)

Activities: Learn basic footwork, partner connection, rhythm and body movement, group dance routine

Outcomes: Increase energy and body awareness, build trust and non-verbal communication, strengthen team connection in a joyful, engaging way





Methodology

At "Yana's Creativity and Wellness," we prioritize experiential learning, holistic well-being, and fostering creativity. Our approach focuses on:

- **Experiential Learning:** Hands-on activities for active participation.
- **Holistic Well-being:** Balancing physical, mental, and emotional health.
- **Creativity and Expression:** Encouraging authentic self-expression.
- **Mindfulness and Presence:** Cultivating focus and present-moment awareness.
- **Community and Connection:** Creating a supportive learning environment.
- **Adaptability and Flexibility:** Tailoring programs to individual needs.

Through this approach, we empower individuals to unlock their creative potential and lead more fulfilling lives.

Feedback



Jesus Olia...

Dear Yana,

Thank you for a fantastic wellness and team building experience. I am looking forward to more in the future!



Brendan Finn (He/Him) • 1st

Enterprise and Start ups

19h •

Had the pleasure of attending this last Friday!

Would highly recommend it. If you are looking for team building event give [Yana Koretska](#) a shout.

My artwork is currently en route to the National Gallery.....

Hi Yanessa, I hope you are well! I just want to say I really enjoyed last week's workshop in found it fun & relaxing. It was also very informative as I didn't know much about the different styles of Art! Thank you 🙏



Emma Burke • 1st

Leadership | Operational | Payments | Head ...

1mo •

Brilliant Team building workshop shop today with [Yana Koretska](#). Thank you for this fab event [Jesús Olías Terol](#), [CAMS-Advanced RM](#) and Yana who is so talented. #PayPal #Pride



Yana Koretska • You

Empowering Corporate Wellness Through Art | ...

1mo •

It was an absolute pleasure to lead an art workshop at [PayPal](#), where we combined creativity with meaningful conversations about life... see more



Jesús Olías Terol...vanced RM • 1st

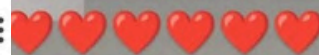
Compliance Sr. Manager & Head of Pa...

You are a great artistic teacher, Yana! I loved all the tips and tricks!



I also have to show off my painting 😊

@yanessa_ukrainian.artist is the best art teacher I have ever had



outerrys

made this today, under the guidance of the amazing @yanessa_ukrainian.artist and @cu.elina

Thank you so much for coming in

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Paloma Corrales Asensio • 1st

Economist

8h

Thank you Yana for such fantastic workshop! We learned a lot from you and it was fun.



Alexandre Megido • 1st

Experienced Team Leader at PayPal | L...

It was really an amazing and original activity, I loved making that card! You made it really easy!

It was great meeting you, thanks again for joining us yesterday!

This amazing picture I created during lessons with @yanessa_ukrainian.artist



Highly recommended! Dreaming to have some free time and come again



Yulia

last seen at 14:59



Your Art and Wellness workshop was great beginning of my birthday party! Thank you very much ❤️ The girls are super happy and so am I ❤️

Laura Farrell • 1st

Senior Medical Advisor @ Novo Nordisk | Pharmacist | Life Sciences Strategy | Medical Affairs

September 11, 2024, Laura was Yana's client

I have had the pleasure of attending Yana's art classes in Dublin City centre. They have been a true joy to attend and have offered me 2 hours of solace and mindfulness during my busy working week.

I work in a busy corporate job and had forgotten the creative side of myself over the years, it has been a joy to reconnect with this with Yana's guidance and the classes have provided an invaluable stress relief and mindfulness for me.

Yana's passion for art is tangible when you attend her classes and she has made art accessible and interesting to me as a novice. From my first class Yana created an environment of acceptance, mindfulness, laughter and passion for the class and our varying ability levels. I have enjoyed learning new skills and appreciation for art from Yana and she has a unique way of teaching amateur artists that leaves you coming away from the class invigorated and full of joy!

I will continue to enjoy the classes Yana runs and know she will continue to flourish in the Irish art world whatever she puts her mind to.

Our clients:



Partnership Options

Tailored Courses: Collaboration is at the heart of what we do! Our team collaborates closely with yours to craft courses perfectly suited to your organization's needs. Expect programs meticulously designed to align with your objectives, ensuring optimal results every time.

Flexible Options: We understand the demands of a busy schedule. That's why we offer a variety of scheduling options to accommodate your team's availability. Whether it's morning, afternoon, or evening, we've got a slot that works for you.

Mix and Match: Ready to get creative? Our mix courses empower you to combine different workshops, creating a bespoke learning journey tailored to unique needs. It's akin to blending paint colors – the possibilities are endless!



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