

# WORKSHOPS

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## LW. Creative Experience

### EMPOWERING PEOPLE & UNLOCKING POTENTIAL

**The LW. Creative Experience** is a method aimed at revealing people's inner potentials and unlocking limitations through a self-produced image to become more confident and more agile.

My genuine role is to act as a guide and realign people through my artist sensitivity. In the method I have developed, people solve complex problems and fully deploy their potentials. I have obtained remarkable results for people coming from very different backgrounds. They all converge in saying that my method has largely contributed to change their lives, from a personal or professional perspective.

I help people be more involved in the risk taking in their lives through colors that allow to walk through themselves and reflect an evolution during the sessions.

#### **This guidance will bring you:**

- The creative behavior that allows for the emergence of the new in order to innovate and change your points of view.
- The risk experiment in a secured protocol to gain confidence and obtain a result.
- The exploration or or transformation of the project based on the repositioning of your insights.
- The impulsion of change in an easy way.
- A clear diagnostic of your limitations and the tools to go beyond them.

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**LUCIA WAINBERG SASSON**

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### 5 SUCCESSIVE STEPS:

- 1** | Each workshop starts with a protocol to relax the mind, mostly based on **meditation**.
- 2** | The participant starts painting using **all the colors** made available.
- 3** | During the painting, I listen to the participants and ask questions in order to observe them, and make them enter into their **challenge zone**.
- 4** | At the end of the painting phase, the outcome is the **acceptance of the unexpected** points that emerged during the session.
- 5** | The outcome leads to a sensation of **wellbeing**, a **regeneration** and **oxygenation**, a repositioning moment to reset beliefs; from which a new awareness appears towards the limitations and personal patterns.

# WHAT ARE THE RESULTS OBTAINED?

“I would dare to say that the LW. Creative Process Workshop has been an expansion in all dimensions. I had to be brave to accept that I, like everyone else, am creative, understanding that something as simple as a color can cross all aspects of my life.”

**BRAULIO** | Teacher, Uruguay

“Going to the art workshop with Lucia Wainberg is to do alchemy with oneself. Personally, through each painting I have been able to see and transmute aspects of myself, reconnecting with my inner child and helping it to heal. It has healed my soul. It is a space of light to create and transmute.”

**JUAN** | Wall painter, Madrid

“I loved the creativity workshop with Lucia. She guided me with much love to be able to let go my inhibitions with the painting and to be able to flow without thoughts in expressing myself in a new way through colors and shapes.”

**FANNY** | Founder of the Institute of Emotional Intelligence Bioflow®, author and lecturer, Uruguay

“I have had the privilege to participate in a creative workshop Lucia initiated at her studio. Although being passionate about arts, I was very far from contemplating the impacts that colors could have. I was moved by such a deep and intimate experience that is still very present in my mind. This has contributed to the beginning of a profound change in me and I am very grateful for what Lucia has impulsed. Since then, I have given a new meaning to my role as a father and I have reoriented my professional career.”

**MARC B.** | Director of Internal Audit of a Micro Finance Institution, Professional Teacher & Associate Professor, Paris

“I’ve been thinking and I’m having a hard time putting it into words. Having a little conversation with you makes me feel home inside myself... My place, and everything I do is fine and if I don’t like it, it’s fine.”

**SERRANA** | Nurse, Uruguay

## REFERENCES

**Serrana** | 2018 to 2020, Montevideo, individual, 20 sessions /Full body potential recovery (disabling pathology).

**Juan** | 2017 to 2019, Montevideo, individual, 10 sessions /Co-creating artworks for monumental walls.

**Bertrande Family** | May 2019, Paris, family group, a 2h session organized for 15 people /Arty brunch to create nice encounters in moments of resilience.

**Arty Brunches** | November 2018, Paris, family groups, two 2-hour sessions, 10 people /Building bridges between family members in distance and neighbours going through traumas.

**Urban Family** | 2018, Montevideo, family group, 2-hour session organized for 5 people /Opening a gate to play and spread joy even in very rigid and demanding families.

**Don Bosco Elementary School, Wonder Walls Project** | November 2019, Phnom Penh, Cambodia, three 1-day sessions for a 30-pupils' class /Wall-painting classes, collective and individual wonder walls, resignification of Freedom at school.

**Comcar Prison** | 2015, Montevideo, social group, 3-hour session organized for 20 inmates /Projection of the dreams of prisoners on papers onto the wall, to rehabilitate.

**Ferrer Law Firm** | 2018, Montevideo, corporations, a 2-hour session organized for 4 people /Experiencing relaxation in family, all together, in different places. Softening expectations.

**Urban Forest Project** | 2018, Montevideo, 20 children from the extreme vulnerable neighborhood “Nuevo-Paris” in Uruguay invited to paint at the LW. Creative Experience, to create a collective Forest together.

# WORKSHOPS DESIGNED FOR DIFFERENT TARGETS

- Workshops are generally designed in a **ten-sessions** format.
- **Single sessions** may be organized on request.

## Individuals

Creative training for individuals is a turning point in your life, as it creates inner space and expansion. You will find a new place inside you and you will experiment a unique before/after effect of the workshops in your life in a pragmatic way.

**Sessions are organized either on premise (my studio and occasionally at your place), or through video calling facilities.**



## Families

Creative workshops for families (“Arty Brunches” or “Creative Goûters”) are an unforgettable moment to restore harmony amongst the family members and impulse a trans-generational connection through the creative tools.

## Collectivities

Creative workshops become an integral part of the educational learning curves and the positioning of people within their social groups and communities to create adaptation, and resilience. They help people find their places within the group and enhance their self-confidence.

The result is people grounded and confirming their vocations.

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## Corporations

Creative experiences for businesses are a unique moment of cohesion and generate a tangible added-value in terms of team performance and pride to belong to the enterprise and serve it adhering to its values.

The outcome of these bespoke workshops is a strong positive team spirit and a refreshed motivation to create innovation within the organization and human abundance.

**I have two ongoing project at a leading microfinance institution (up to 100 persons).**

## Children

Creative experiences by painting spontaneously are the most secure place, playing with colors to integrate changes and particular moment in the Life of children (family relocation, parents separations, fears).

When a child attends a sequence of creative experience sessions, he rebuilds his full potential of confidence.

**Depending on the topic and intensity of each participant, one session can be sufficient, but ten are usually required and can be extended.**



Schedule your next workshop online:

[www.luciawainberg.com](http://www.luciawainberg.com)

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