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Vision Boards – Redefining Your Journey Through Visualization

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Vision Boards – Redefining Your Journey Through Visualization

Women who have been through trauma, specifically violent or abusive situations, often feel a lack of control, which can permeate into their lives, even after post-treatment therapy and services. After a traumatic experience, we often need to retrain our brains and hearts by engaging with interests that are within our sphere of control. One of the most powerful activities that can aid in this transition is art-making. Making art can be a very personal, expressive, non-threatening, and empowering experience. This workshop will take you through the journey of creating your own vision board, using basic art materials. Many start-ups and incubator classes use vision-boarding as a way to define and visualize a career goal. This version of a vision board is designed for an individual to express their own vision for any part of their journey; it may be centered around personal life, career, health, or something else that the client feels like expressing at the time. This simple act of having complete control over the creation of a tangible product from start to finish starts to shift and change the way the brain has been programmed, giving the artist a sense of ownership and pride, and perhaps hope for what's ahead. You will leave this workshop with your own example of a vision board, as well as a lesson plan outlining the techniques used in the workshop so that you can teach or educate others.