



LUDARTEM - THE CENTRE FOR SPORT AND
THE EXPRESSIVE ARTS

MOVEMENT AND PLAY LAB: CREATIVE STRATEGIES FOR RESILIENCE AND WELLBEING

Currently we are faced with the challenge of not only coping with an ongoing global crisis but also in re-establishing connection with ourselves and with others, to find a new way of being and doing-in-the-world. To do so, we need to gain key psychosocial skills that promote wellbeing, connection, and resilience; increasing our ability to cope, thrive, and reimagine new possibilities.

The Movement and Play Lab is a workshop series that explores the challenges and opportunities before us. This experiential training introduces the Play to Heal Wellbeing model which pulls from the fields of the expressive arts and sport for development and peace. Each workshop shows how to use movement and creativity for resilience and well being.

You'll receive:

- creative leadership strategies for navigating change
- a small toolbox of practices and activities to cope with ongoing stress and increase resilience
- an introduction to the Play to Heal Well-being model

This opening workshop and the sequential three follow-up workshops, is open to anyone interested in creative tools and practices for navigating change and building resilience for yourself and/or to enhance your work with groups and communities.

**DECEMBER 2, 2020
5 TO 7 PM (CET)
ON ZOOM**

To join the workshop, please register [here](#). The workshop is free of charge.