

# HALLMARK WRITING AND COLLAGE WORKSHOP: NURTURING CREATIVE WELLNESS

## WHAT & WHY:

### WHAT IS IT?

Hallmark Senior Writer Megan Haave and Master Artist Lynn Giunta will empower participants to nurture their creative wellness by developing a personal mantra. The first part of the workshop will be spent doing reflective writing exercises in order to discover a meaningful personal mantra. The second portion will be spent experimenting with pattern-making and cut paper collage, building up to creating a final cut paper collage mantra. Lynn and Megan will guide participants through creative challenges and provide a fun and safe place to explore while participants gain confidence in their voice and creative skills.

### WHO'S IT FOR?

All levels welcome!

### DESCRIPTION:

Throughout the exercises, Lynn and Megan will each share their personal creative process. Audience interaction is encouraged; topics covered will include how to stay inspired and motivated, how to get out of the comfort zone and explore, and how to come up with new ideas.

## HOW:

### TIMELINE:

- + 5 min: Introduction and Hallmark roles, explanation of collaboration
- + 20 min word exploration, mantra development led by Megan
- + 25 min cut paper collage exploration demo'd by Lynn
- + On going chat conversation hosted by Lynn and Megan, questions answered at the end

### DETAILS:

- + 60 min

### SUPPLIES:

- + Paper and pencil; color paper selection
- + Mark-making tools
- + Basic tools for compilation: scissors, glue sticks, exactos and cutting boards

### ADDITIONAL:

- + Free downloadable cut paper mantra art; alphabet tutorial
- + List of prompts and mantras by Megan

## SNAPSHOT:

