

Looking forward!

EUROPCOM

7 & 8/11/2019
Brussels

#europcom
cor.europa.eu/europcom.go



Well-Being A(r)t Work

Innovative workshops for a healthy and dynamic workplace. Well-Being A(r)t Work aims at improving general staff well-being and promoting the culture of well-being at work through art. The initiative is specifically designed for professionals and authorities at national, EU and international level in order to better tackle workplace stress and to improve team cohesion.

Take a A(rt) break

Take A(rt) Break: The workshop is designed to help people relax and recharge their mental batteries, as well as to promote networking among participants.

The workshop proposed for EuroPCom 2019 is based on participatory artwork. The participants will be invited to take part in a purely creative exercise with a limited number of elements but endless combinations. The artwork will be a mosaic composed of fabric tesserae. Over the two days, the participants each have a number of tesserae which they are free to place on the canvas in order to create the artwork. The artwork will gradually take shape through the collective action of the participants and each person's individual creativity. The objective is to create a unique work of art during the two-day workshop to celebrate the participants' creativity.

Sara Del Bene,

Artist & Organisational Well-Being Consultant
Founder of Well-Being A(r)t Work www.wbaw.eu

