

Mastery of Creativity and Self Expression

Step onto the stage of your life and explore the different parts we play, also the parts we don't play or the parts we would like to play.

During our lives, to please others and be socially acceptable, we often tend to suppress our self-expression and as a result diminish our creative soul.

We need to recognise the point where we stop ourselves, from taking risks, from living our passion, from achieving our goals. We need to unlock ourselves and indulge into the creative side we never thought we had.

It's time to wake our inner selves up and explore the infinite possibilities by liberating self-expression. As a leader, we need to realise our true potential

With mastery of creativity and self-expression, we'll be exploring all the parts of our lives, parts we're afraid to share, parts we overshare, or the parts we'd like to share.

Who can attend:

Leaders, managers, every team member who is driven for the highest level of personal development. Someone who is looking to be inspirational.

With this workshop, you would:

Experience:

- ◆ ways to unlock your creativity
- ◆ insights on curating solutions to your everyday problems
- ◆ pointers on managing emotions
- ◆ ways to improve your work-life balance.

Feel:

- ◆ ability to express openly
- ◆ confident to take centre stage in your life
- ◆ recharged, regenerated and fearless.

Outcome:

- ◆ inspire themselves and others
- ◆ being the better, improved, more open version of ourselves
- ◆ more productive, self-aware, and conscious
- ◆ create ideas and take transformational steps to be a better version for ourselves.

We cannot guarantee that there is life after death, but of this we can be certain- there is life before death and it is yours to create

Dan Fauci

The Mastery of creativity and Self Expression an intensive **2 days'** personal development workshop that will launch you into the next phase of your creative expression. It is held in an auditorium with only 15 participants.

When you attend this immersive event, you will experience the shift in your consciousness, your heart and your body which will ultimately transcend in **your personal and professional life**.

Who is doing this workshop?

Pause Play is partnering with a UK-based organization - Outstanding.Global to deliver these workshops in India.

This workshop will be facilitated by **Nigel Hughes (CEO, Outstanding.Global)**

When:

13th and 14th of December 2022
10:00 am to 6:00 pm

Where:

Akshara theatre, Baba Khadak Singh Marg, New Delhi

Contribution:

27,500 INR + GST (we are not aiming for profit; the contribution covers the cost of organizing this workshop)

Location:

<https://www.google.com/maps/place/Akshara+Theatre/@28.6258441,77.2032676,15z/data=!4m5!3m4!1s0x0:0x14426b84c20f083!8m2!3d28.6258441!4d77.2032676>

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