

PRESS RELEASE | Arts, Culture and Business

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Painting Workshops Invite Professionals to Reconnect with Creativity, Wellbeing and Fresh Thinking

From elite athletes and medical professionals to senior business leaders, people from high-pressure fields are turning to painting workshops led by visual artist Ernestine Faux as a practical way to step back, reset and reconnect with creativity.

Designed for corporate teams and professionals, the four-hour workshop offers an energising alternative to conventional, content-heavy sessions. Through a guided colour experience and collaborative painting process, participants are invited to pause, engage differently and reconnect both with themselves and with one another.

Without the feel of a traditional training room, the session supports wellbeing, helps reduce stress and opens space for fresh perspectives. It is particularly well suited to conferences, leadership intensives, strategy offsites and mid-week circuit-breaker sessions where teams benefit from reflection, connection and renewed energy.

By encouraging curiosity, intuition and creative awareness, the workshop can positively influence the way participants approach decision-making, problem-solving and the thoughtful use of resources.

These workshops are not about becoming an artist; they are about rediscovering creativity as a deeply human capacity.

By painting, experimenting with colour and stepping away from constant analysis, participants begin to access a different internal state—one that allows attention to shift, perception to widen and new associations to emerge.

In that process, the pace of thought can soften, the nervous system can settle, and people often become more open to insight, perspective and possibility.

This playful, low-pressure state—free from perfectionism and rigid expectations—is often where new ideas, broader vision and future-focused thinking begin.

At its core, the workshop creates a temporary creative space where participants can move beyond habitual patterns of thinking and reconnect with curiosity, play, intuition and perception.

For organisations seeking a meaningful and memorable way to support wellbeing, inspire fresh thinking and strengthen human connection, painting workshops offer a compelling new approach.

ABOUT

Ernestine Faux - Workshop Facilitator

[Painting Workshops Creativity - Ernestine Faux](#)

For more than 30 years Ernestine has dedicated her practice to exploring the profound impact colour has on human wellbeing. Her work examines how colour affects mood, perception, and emotional balance, and how thoughtfully curated colour environments can transform the way we experience space.

At the heart of her work lies a simple proposition: that individuals instinctively gravitate toward colours that uplift, soothe, or stabilize them. Ernestine likes to encourage audiences to embrace these intuitive preferences –

“Dress yourself, your environment with your favourite colour and experience the influence it makes in your daily life.”

She invites workshop participants on a 4-hour paint journey into the world of colour, a journey of self-discovery.

Her workshops are an invitation to consciously experience the effect of colour – first inwardly through mindful perception, then in creative expression.