



**Kate
Libby
Coaching**

Communicating Through Art

Description

Navigating daily life and building relationships can be challenging. People do not always say what they mean or show up in the way you expect. And sometimes you may not even know what you yourself feel or think about a specific person or situation. Making art or music is one way to tap into the non-verbal side of communication and work on skills to improve your relationships both with yourself and with others. Communicating Through Art uses visual, musical and written art forms to teach self-reflection, communication and creativity in a practical and accessible way that will help enrich your daily life.

Details:

- \$250 per 1-hr class
- Classes can be taken in person or virtually
- Contact our team for scheduling
- Prior art experience is not required

This class may be taken more than once to reinforce and scaffold skill building or focus on different aspects of the class goals.

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