

# DRAWING & WELLBEING WORKSHOPS ONLINE



ROYAL  
DRAWING  
SCHOOL



The Royal Drawing School is *the* place to learn to draw. Every week we welcome over 1,000 students of all ages and abilities to draw with us – whether in support of their education, professional careers, mental health, or creative enjoyment.

New online courses, created in response to the pandemic, have enabled us to continue to offer our expert tuition to people all over the world. We believe in the positive benefits of drawing for everyone, especially now.

Our new Drawing & Wellbeing Workshops are designed to offer a way for businesses to boost staff morale, whilst also supporting our charitable work. Adaptable to meet your staff needs, these bespoke online sessions incorporate observational drawing with guided meditations and yoga movements.

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## Two packages are available:

**Half day (3hrs)** — £1,500

*1 x half day class (3 hours) for a group of up to 10*

**Multi-day (12hrs)** — £2,500

*4 x half day classes (3 hours) or 2 x full days (6 hours)*

*Could be used for the same group of up to 10, or different groups*

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## BENEFITS

### For your staff

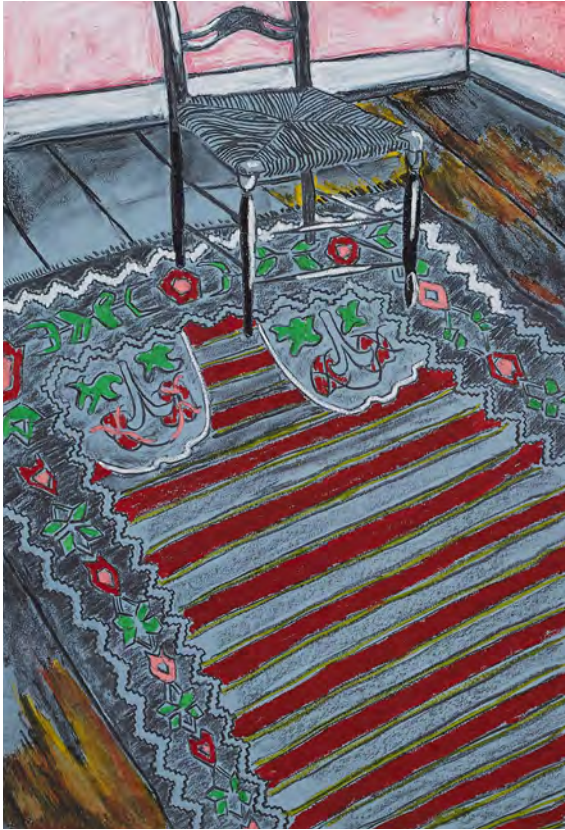
**Drawing** helps lower stress and anxiety and encourages us to see the world differently. It can enhance critical thinking, strengthen communication skills and improve problem-solving abilities. It is a fundamental route to innovation across the creative disciplines and beyond, from fine art to fashion, architecture to engineering.

**Mindfulness** can help us be more present in the moment, cope with change, improve resilience, increase motivation, and reduce the risk of burnout – things that have challenged us all over the last year.

### For your business

Every Drawing & Wellbeing Workshop booking will also contribute to the Royal Drawing School's charitable programmes and your own corporate social responsibility objectives. As an independent charity we offer scholarships and concessions so that our teaching is accessible to the widest range of students, regardless of financial circumstance. By organising a workshop for your staff, you will also be supporting a new and diverse generation of artists.

# HOW DOES IT WORK?



*Drawing by Christabel Macgreevy*

- All levels of ability are welcome; you do not have to be an artist to benefit from drawing.
- Workshops will be taught on Zoom and Padlet for groups of up to 10 participants.
- Whether you are joining from socially distanced workplaces, home offices or shared kitchen tables, workshops are designed to suit restricted circumstances, using objects, materials, and surroundings from our everyday environments.
- Teachers are members of the Royal Drawing School's faculty. With their combined experience as practising mindfulness coaches and professional artists, they will create a virtual shared studio experience, whilst also offering one-to-one guidance as part of every session.
- Individual materials packs are sent in advance and included in the cost.
- Booking is available on weekdays and Saturdays within the hours of 10am – 6.30pm, subject to availability.



## GET IN TOUCH

We would love to hear from you to discuss how we can tailor a workshop package to meet your needs:

**Elizabeth McCarten**

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