

April 1, 2021
4 - 5 p.m.



DONNA STEINHORN

Executive, Adult ADD, & Life Coach

I'm by no means an accomplished artist. But art has always been a part of my life since I find it's one of the ways I can process emotions, release my creativity and "immortalize" thoughts and events in my life. As an Executive, Life and adult ADHD coach, I often encourage my clients to release their blocks via journaling and art and it's amazing what breakthroughs they can achieve. Anyone can do it, no skill or talent required.

Creative Conversations

Presents

Live Hands-On Demo

Art & Well-Being

WORKSHOP

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Watercolor by
Donna Steinhorn

Creative Conversations is a series of virtual programming, a Collaboration of Creatives, where like minds meet and share a broad view of the arts, the expression and power of art, as well as human creativity, skill, and imagination. It focuses on raising awareness while communicating through the many forms of art that include visual, performing, literary, recreational, therapeutic, cultural arts, and more.