



# “Journey to Joy”

**Living a creative Life**

**A workshop**

to reconnect to our creative self  
and

to find purpose and a sense of fulfillment in life

## **1. Visiting your neglected garden of creativity**

Introductory, Basic

Your mind is a garden,  
Your thoughts are the seeds.  
You can grow flowers,  
Or you can grow weeds.

Unknown

# “Journey to Joy”

## Living a creative Life

### 1. Visiting our neglected Garden of Creativity



A workshop  
to reconnect to your creative self  
and  
to find purpose and a sense of fulfillment in life

This is the first of a series of workshops, each one building on the previous, but also, a stand-alone one.

The aim of this workshop is to provide an opportunity for you to rediscover your creative self, whatever form it may take, to awaken your curiosity, to stir any positive thinking and feelings about yourself and experiment playfully with different art forms. It is meant to be fun and encourage and support you.

Hi, my name is Petra Daecke.

I am an artist, and landscapes are my favourite subjects to paint.

I also write poetry, which usually is inspired by nature and accompany many of my paintings, adding another element to the visual experience.

This is about seeing the world around us with different eyes, how it can stir our imagination and inspire a myriad of ideas, and how we then can communicate what we envision in our own unique way.

In short, it is about adopting a creative lifestyle and living a happier life.

Creativity is not just found in art, but it is operating in everything we do.

It will be a lot of fun!

I dare you not to hold back, but live fully!

### Topics we will cover:

What is creativity?

Myths about creativity

What we can do to train our imagination

Reconnecting to your inner child

Looking at unhelpful self-talk

Creative pursuits, the arts compared

Some ‘dos’ and ‘don’ts

### Practical exercises in:

Drawing or Painting

Story telling

Writing

Poetry

Sculpture

Play

Acting

Dance



Discover your hidden treasures!

Workbook and all materials provided

Bring your own lunch

Venue: **Royal Queensland Art Society**

Address: **25 Broadbeach Blvd.  
Broadbeach**

Date: **Saturday 1 March 2025**

Time: **9am – 4pm**

Cost: **\$195**

Contact: [petradaecke@iinet.net.au](mailto:petradaecke@iinet.net.au)

