

I am always fascinated with art. And I am a social worker, so serving people is my daily job. When I heard about “Art Therapy”, I was interested in attending it. In fact, I remember taking a one-day course many years ago. I could not figure out how art can heal a person until I attended a relative Life Coaching Art Workshop in June this year.

The workshop gave me a very solid foundation of the concept of Life Coaching Art with skills of art therapy. Every week, we were given homework and we had to present our drawings in front of the group next week. This gave us a chance to experience how the Life Coaching Art concept worked in ourselves. Through the workshop, we reviewed our past, explored our emotions and found our strength to overcome darkness.

I could not wait to share what I have learnt with others. I have known a teenage girl whose mother is a friend of mine, passed away last year. The girl has some difficulties in making friends. She rarely talks. But thank God that she was willing to meet me. At first, it was hard to start conversation with her. Then, we started to draw together. Through drawing, she was able to express herself in a deep way including her personality, her thoughts and her interests. Although she used to close herself up and withdraw from people, we could still find a way out of her situation by looking into her drawing. I was so grateful to let her see that there is a hope for her. That night, we had a good start for our friendship. I am thankful for the workshop on Life Coaching Art.

By Kit Choi