



PROGRAMS

Empowered Art Therapy

Proven Investment in Employee Wellbeing & Performance

Measured Impact

Kerryn's evidence-based programs first aim to support your staff through workplace wellbeing. Kerryn achieves this with a unique set of creative processes that stimulate both brain hemispheres.

Business Outcomes

She works with you and your staff to demonstrate techniques and provide take-away tools for strategic planning, intuitive leadership, team building, and creative problem-solving.

Long-Term Value

While not always reflected in immediate KPIs, the benefits of Art Therapy like creative insight, emotional resilience, and collaborative culture compound over time, providing long-term value and workforce strength

WITH FOUNDER &
ART THERAPIST
KERRY KNIGHT



Art Therapy for Workplace Wellbeing & Team Building

“ Join me in a creative
experiential approach to
align values and
visioning with your team ”

www.empoweredart.com.au

“ By strengthening team cohesion
and emotional resilience,
Empowered Art Therapy sessions
lower staff turnover and improve
productivity - making Art Therapy
not only a wellness strategy, but a
smart business investment ”

*Bring alive your group's Vision,
and Values to promote your
message beyond words*

*Provide a team-building
experience with lasting positive
change*

In-Person Or Virtual

Kerryn can come to you in a face-to-face or virtual setting. Or why not take a day out of the office and visit her specialist Learning Centre at Kindred Art Space.

CONTACT

Empowered Art Therapy
Kindred Art Space
22 Kookaburra St., Frankston 3199
Victoria, AUSTRALIA

ABOUT



“ Hi I'm Kerry Knight,
Art Therapist, passionate
about the power of healing
arts and helping people find
purpose ”

Bespoke Creative Experiential Workshops for Your Team

OUR CLIENTS INCLUDE



WORKSHOPS



**Creative Inner
Compass Program -**
practical everyday
mindfulness & creative
self-care



**Mapping My Inner
Treasure Program -**
map your story of
strength and resilience
through creative
narrative



Tree Of Me Program -
Grow insight through
symbolism, exploring
what to cultivate,
compost and sources
of sustainability



Navigating True North
- align values, clarify
vision, strengthen
resilience, avoid
burnout to lead with
purpose for strategic
long-term success



+61 450 253 990



PROGRAMS

Empowered Art Therapy

ThriveMind Program



**Support Beyond
the Workshops:**

Extend the benefits of your
Corporate Art Therapy workshop
with ThriveMind—an online,
subscription-based wellbeing
program designed to reduce stress,
build resilience, and nurture
creativity.

With simple, no-art-experience-
needed activities, ThriveMind equips
employees with practical tools to
maintain balance and productivity
long after the Team Workshop.

