

Play Ethic: A Creative Way for Our Time

3 Day Workshop

13th – 15th January 2021

Free Taster Session

24th October 9:30am -1 pm

Course brochure

Do you long to bring more creativity into your life?

We are creative beings!

The wellspring of creativity which runs in all of us offers innovation, healing, beauty, and pleasure.

At a time when individually, collectively and globally we are being called upon to evolve creatively like never before and to examine and heal ourselves, our society and organisations, reconnecting with our inner child has never been more important. This workshop puts you in touch with your creative sources, helping you to explore your creative response to everyday challenges as well as encouraging you in the creative projects you love and to be an agent of change in your own endeavours.

These workshops are offered in three formats: the free taster session; the three-day intensive and the bespoke team building exercise customised to fit to your team and time available.

helentyrrellcoaching.com



"I was impressed and inspired."

Sarah, Wales

About the free taster session

This is a three and a half hour, interactive, online seminar which takes participants on a short, yet deep, journey into their creativity.

We use techniques of creative and artistic play and broadened awareness to help participants access their own creative wellspring. We take care to cater for all learning styles within our choice of exercises.

Whether you consider yourself entirely non-creative or are already a skilled, practicing artist, this taster session will support you to approach your projects and life challenges more creatively.

We expect between 6 and 12 participants on each session and can cater for up to 20. You will simply need a pen and paper and a little space to carry out exercises to take part

~ Next session: 24th October 2020, 9:30am – 1pm

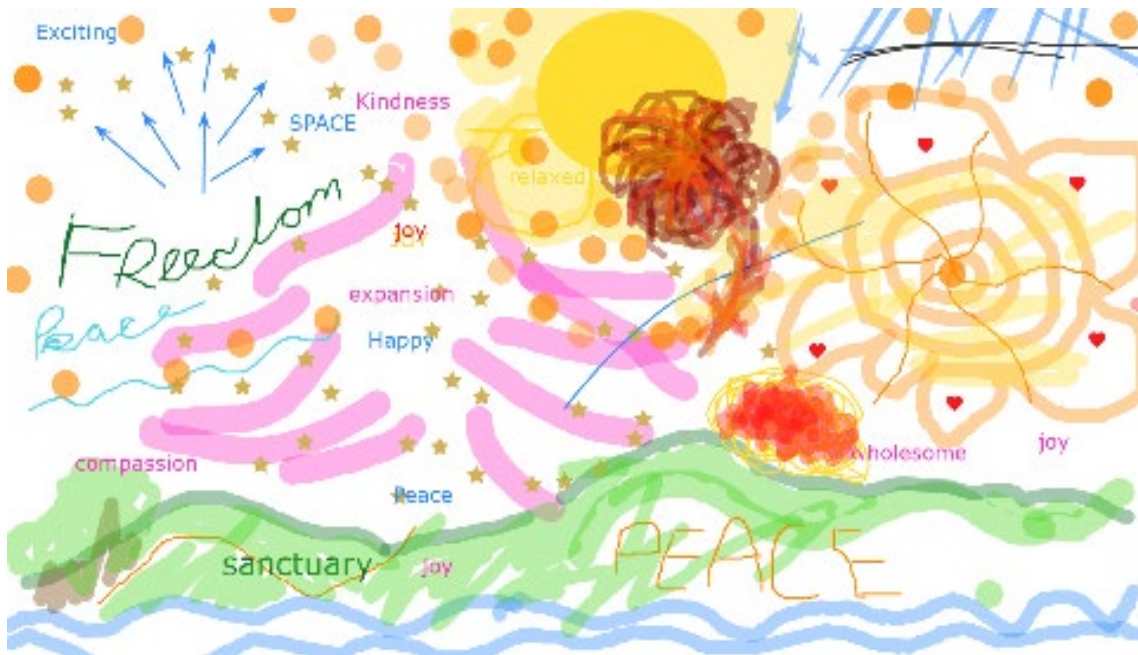
~ [Book your place here](#)

"In the beginning, I thought 3 hours is going to be loooooong! But then because the session was very engaging. It passed very quickly, so I was wrong!"

Amin, London

"Yesterday's session was wonderful, thank you so much, I really enjoyed it. I felt like parts of me I often ignore were opened up. It left me feeling happy and inspired"

Helen, Lake District



Collective creative manifesting, by workshop attendees

About the three-day course

"Your specific tasks were original, unique, simple but with profound benefits and observations to be made from them."

Sophie, London

Everyone has been a child and has at one time accessed creative play, and they can again, with healing results. This three day experiential online workshop delivered via Zoom takes you on a journey 'beyond the garden gate' and into the natural environment of your own creativity, allowing for a deeper dive into creative play and a coherent, spacious, guided three day journey into your own creative resources.

We explore and use play, personal and shared inquiry and process-oriented facilitation practices to help you get to know your creative self.

We are experienced coaches and trainers and cater for all learning styles within our choice of exercises

The course is inspired by the late Dr Chris Seeley's '[Artful Knowing](#)', by Julia Cameron's 'The Artist's Way', by [Process-Oriented Psychology](#) and by Lead Facilitator Helen Tyrrell's experience as an Artist, Coach and Sustainability Practitioner.

We operate by Zoom and have a maximum of 16 places.

- ~ **Next course dates 13th – 15th January 2021, 10am - 4pm** with 3 breaks of between half an hour and 1 and a half hours each day
- ~ [Book your place here](#)

Team building sessions for organisations and teams

Our workshops are fully adaptable as team building exercises and can be tailored to any organisation or group and can be delivered in a one day option.

[Contact us](#) to let us know how we can help you!

"Where a lot of creativity workshops and courses are about troubleshooting "blocks", this felt much more optimistic and hands-on, showing people that their creativity is always available, and that there are so, so many (easy! and fun!) ways to play and dance with it."

Julia, Netherlands

"It was really good and I gained much more from it than I thought I would. It's led to a lot of reflection. It can be applied to many educational settings."

Fiona, Buckinghamshire

About us

Helen Tyrrell is a Coach a Processworker and a Creative with an MSc in Sustainability and a professional background in Art, Business Operations and Human Resources. Having been a professional artist for a number of years before moving to a career in sustainability, Helen now sees that the two career paths are powerfully connected. Helen believes that need to evolve creatively now in order to be able to imagine and create the future we want, and have some fun along the way.

Helen's work in coaching, Processwork coaching and facilitation are connected to this aim. Helen's creativity workshops, one-to-one coaching and group facilitation, all draw on her my own life experience and use Deep Democracy Processwork principles as well as the many other methods and trainings she has received along the way. Helen is a linguist and can work in Spanish or French (or with some extra preparation, Italian)

Helen writes often. Her article [How and Why Does Art Matter for Our Sustainable Future](#) explains the link between creativity and sustainability .

Contact: helen@consciousorganisations.com

Jasmine Dale is an author, mentor and permaculture trainer, with experience in play, learning and Processwork. Since 2006, Jasmine has been combining creativity, nature observation and design to explore solutions for the challenges of our times. She's had the pleasure of training and learning from over 1000 people of all ages and life paths at her smallholding in West Wales (2009-18). Jasmine's current exploration of creativity is inspired by the intelligence of ecosystems and their enthusiasm to cooperate with humans. Through deepening our observation of ourselves and our relationship with wild plants, stones and trees, she hopes we can reconnect with both our playful nature and our power for the good of all.

A window into Jasmine world and her creative workbook for connecting people and places is www.beingsomewhere.net

Contact: jasmine@beingsomewhere.net

