

**20 minute  
exposure to art  
decreases  
cortisol levels by  
75%**

Drexel University

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**Reduce your  
burnout index by  
increasing your  
creativity index**

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*Diana Stelin*  
Artist, Educator, Designer

## **Prevent COVID induced burnout:**

- **Reduce Energy Depletion**
- **Battle Mental  
Detachment from our  
Jobs**
- **Conquer Feelings of  
Negativism or cynicism**
- **Improve professional  
efficacy**

[www.dianastelin.com](http://www.dianastelin.com)

**DISCOVER  
DIANA  
STELIN'S**

**CREATIVE  
CORPORATE  
PROGRAMS**

"Art expresses the core of who we are and who we strive to be."

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## DIANA STELIN

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Participant in Venice Biennale 2022

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BEST OF BOSTON

Best of Boston Awardee for Best Art Classes for Kids

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Contracted with Google for Creative Art Workshops

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altMBA

Seth Godin's Executive Leadership Program

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Bachelor of Fine Arts: Cornell University, MS - Boston University

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HYPERALLERGIC

Dozens of Articles, Press Mentions & Features

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*Diana Stelin*  
Artist, Educator, Designer



**Diana Stelin is an award-winning Professional Landscape Artist, Educator & Designer.**

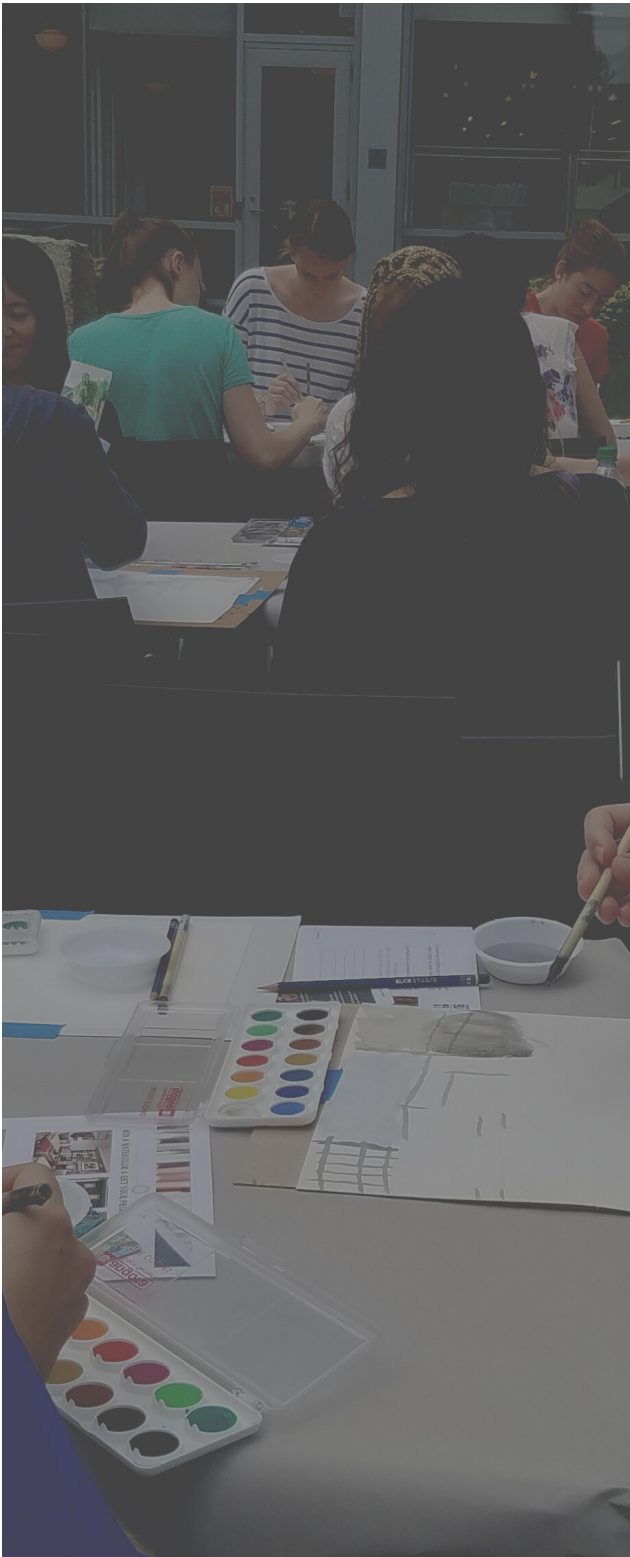
- Diana's life has been quite the journey! She left Moldova with her family at the age of thirteen and found art as solace through her difficult teenage years. From there, her unique free-flowing painting style led her to Cornell University. After a detour managing world-renowned DTR Modern Galleries, she started The Plein-Air Art Academy, a recipient of the Best of Boston Award for kids' art classes. Stelin then published a highly acclaimed novel about the importance of art for our psyche.

- Stelin's pieces are in corporate and private collections worldwide.

**Stelin utilizes her expertise in consulting in her proprietary flow processes in creative corporate workshops and talks.**

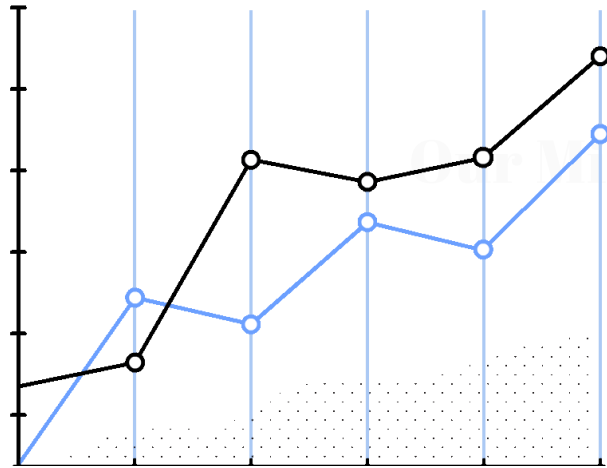
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# "Find joy through art"

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*Diana Stelin*  
Artist, Educator, Designer

## Methodology

Diana Stelin introduces participants to two of her proprietary philosophies:

1. Learn an easy technique to be more productive without getting stuck, master the flow process



2. Embrace the change cycle without waves of overwhelm and burnout



## Our Mission

- Creative opportunities that help you stop the race, relax, heal and rejuvenate, but also:
- Experience a true wellness oasis.
- Transform from observer to creator.
- Experiment with art & embrace innovation in all areas of your life.

We're passionate about creativity being the antidote to burnout and lead change by creating team building environments, work-life balance spaces, and easy self-care strategies.

**"Using different sides of our brain increases neuroplasticity -brain's recovery."**



*Diana Stelin*  
Artist, Educator, Designer

## Scope of Services

### Artmaking Workshops

Lunch hour or Happy Hour

Hands-on workshops where participants learn the basics of using oil pastels, watercolor or clay, become educated on composition and color theory, all in a safe environment and while connecting with their teams.

### Meditative Art Room

Work-Life Balance Spaces. Rejuvenate, innovate, heal on demand in as little as 10 minutes.

A room on your premises equipped with all necessary supplies for a novice, with two larger than life paintings for inspiration and learning, and pre-recorded classes available at any time and ranging from 10 minutes to 45 minutes in length.

### Keynotes

Topics:

- Become a creator in all areas of your life
- Embrace change with creative flow
- Learn the Design Flow strategy and create cohesion in your rooms
- Experience an artist's flow
- Intro to Art collecting and de-accessioning
- 20th Century Art Movements and Beyond