

artescape.ie



Art Escape Dublin

Creative Wellbeing
Workshops





About

Art Escape Dublin offers **guided creative workshops** that combine mindful art-making with relaxed group facilitation.

Sessions are designed to help participants **slow down**, reconnect with themselves and others and **explore creativity** in an accessible, low-pressure way – no artistic experience needed.

Facilitated by **Ekaterina Isaenko** (Kate)
- art therapist and creative workshop facilitator, founder of Art Escape Dublin.

Workshop Options



Mindful Painting

Ideal for:
Team wellbeing, reflective
group sessions,
conferences and retreats.



Collage-making

Ideal for:
Team-building, goal-setting
and creative connection.



Mandala Drawing

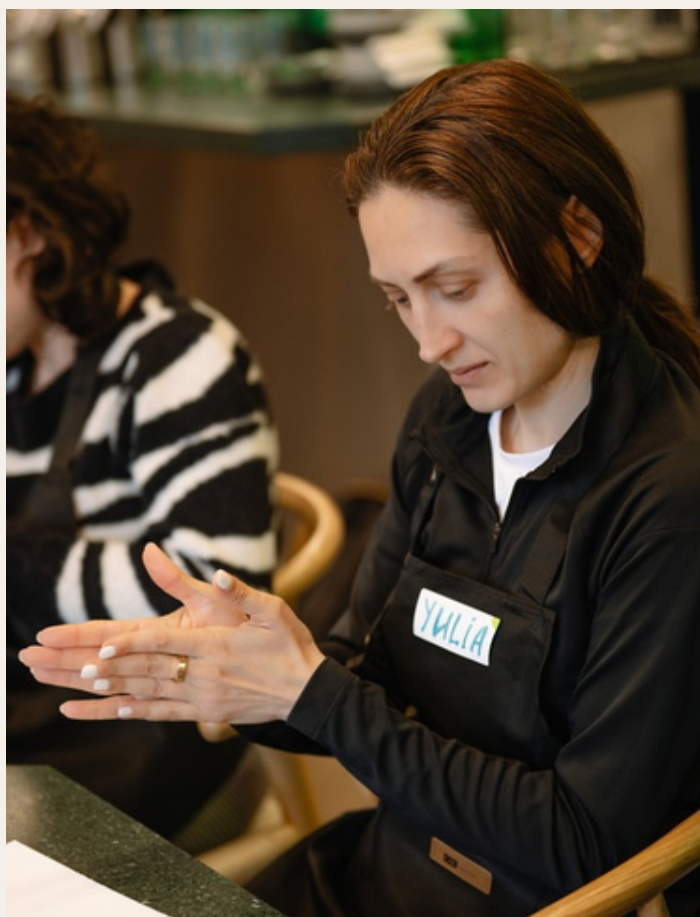
Ideal for:
Conference wellbeing breaks,
wellness programs and stress
reduction activities.



Air-dry Clay

Ideal for:
Creative team experiences and
grounding wellbeing activities.

+ Creative drop-in stations for larger events



Workshop Experience

All sessions are:

- Beginner-friendly
- Relaxed and accessible
- Adaptable to different group sizes
- Designed to encourage creativity without pressure
- Structured to suit the tone of the event

Ways we can work together

Mindful Art Circle

2-hour small-group sessions

2 hours · up to 12 people

Hosted at a studio, office, community space, school or festival venue

What to expect

- Gentle arrival and grounding exercise
- Two guided creative prompts with all materials provided
- Closing reflection circle to integrate the experience

Team & workplace sessions

Creative wellbeing workshops for organisations

90–150 minutes · flexible group size

On-site at your workplace, retreat venue or online

What to expect

- Thoughtful facilitation that respects different comfort levels
- Collaborative creative exercises to support empathy and focus
- Debrief toolkit so the conversations can continue after the session

Creative Breaks & Conference Sessions

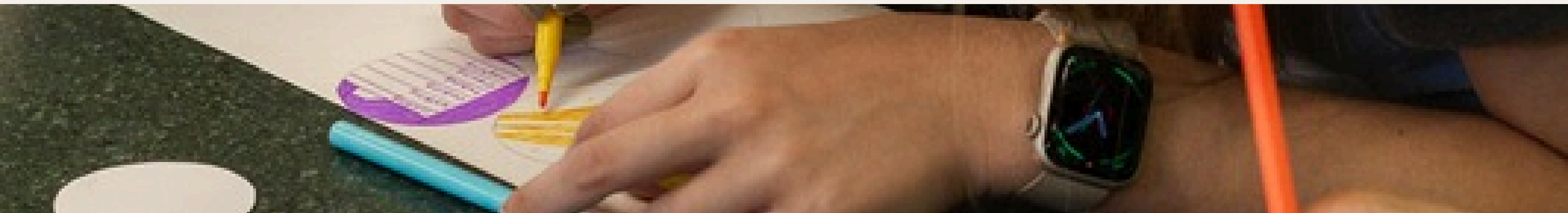
Short, grounding sessions for events and busy days

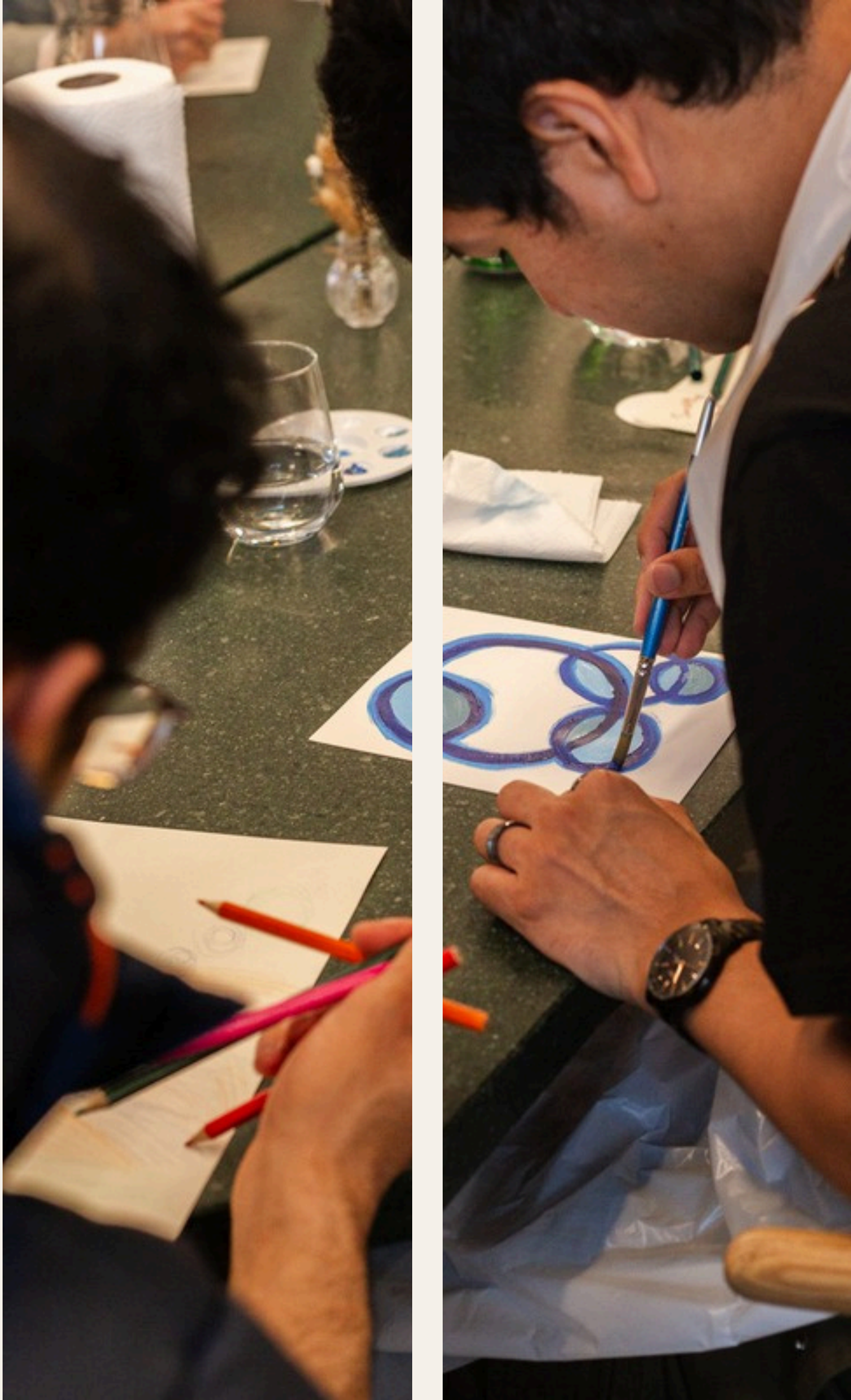
45–75 minutes

Conferences, training days, festivals or team off-sites

What to expect

- A brief grounding practice
- One focused creative prompt
- A short closing reflection to carry the calm into the next activity





Pricing

Pricing depends on:

- Group size
- Workshop format
- Duration
- Materials required
- Travel/location

Typical workshop investment:

- Mandala-drawing sessions - from €300
- Painting/Collage Workshops - from €400
- Air-dry Clay Workshops - from €450

Custom packages and conference formats available upon request.

Testimonials

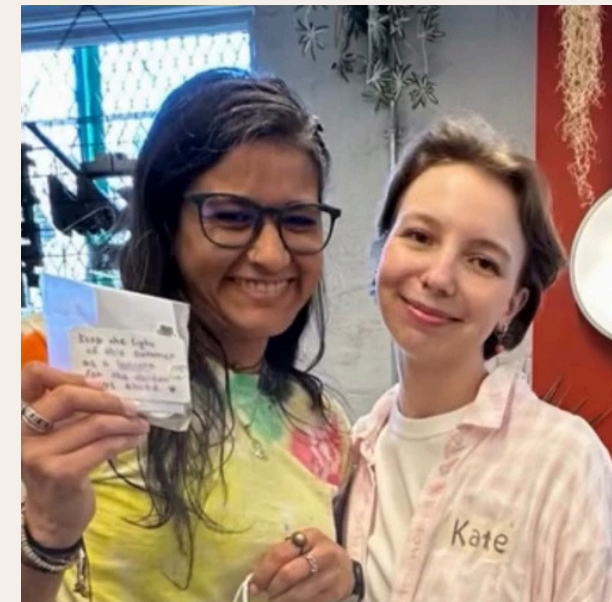
Previous collaborations include:

- Verve
- Logical Group
- Cr8ability Festival
- English Language Institute (ELI)
- Community projects



John Ennis
restaurateur, business owner

Kate is brilliant at what she does. The energy she brings into the room, the care she puts into people, and the way she creates genuinely meaningful experiences is something special. We're always delighted to have her in Lucky Tortoise.



Sabethyelle
student activity manager, ELI

I highly recommend these workshops, because I believe it's an amazing way to reconnect with ourselves in a way we don't even know we need! It had in me the same effect as a therapy session.



Lucie R
participant

I cannot recommend Kate's workshops enough. Kate is absolutely lovely - kind, attentive and genuinely present. The space she creates is incredibly safe, gentle and nurturing. These workshops have honestly been my best personal discovery of 2025.

Contacts

I'd be happy to discuss tailored workshop options for your team, event or venue.

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 Dublin

