

Welcome to *the doodling collective*

As you arrive:

1. Supplies: Take whatever supplies you'd like to use today. You'll need 2 pieces of paper and something to draw or paint with - your choice!
2. Feelings: Write a one-word description of how you are feeling as you arrive to this space.



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Sharing:

- What did you make?
- What feelings or thoughts came up?
- What insights appeared?

No judgement. Observation only.

As you depart:

1. Feelings: Write a one-word description of how you are feeling as you leave this space. Note: did anything shift?
2. Stay in touch: Visit www.theartisanleader.com to subscribe to leadership reflections and updates which include invitations to leadership development workshops.
3. If you would like a copy of the benefits of doodling handout, please email amanda@theartisanleader.com

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