



Diana Stelin

Art /Education/ Design

about

FOUNDER OF THE FLOW METHOD, AND RECIPIENT OF BEST OF BOSTON AWARD, DIANA STELIN IS ON A MISSION TO REDUCE BURNOUT THROUGH CREATIVITY.

DIANA STELIN IS A PUBLISHED AUTHOR, PUBLIC SPEAKER, PROPRIETOR OF THE PLEIN-AIR ART ACADEMY & CEO OF DIANA STELIN GALLERY.

HER PIECES ARE IN PRIVATE AND CORPORATE COLLECTIONS NATIONWIDE.

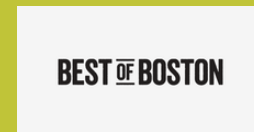
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accolades



- Participant in Venice Biennale 2022



- Best Art Classes for Kids voted by Boston Magazine



- TedX Speaker, dozens of articles, podcast interviews and features



- Seth Godin's Executive Leadership Program



- BFA: Cornell University
- MS Boston University



partnerships



- Signature Talk for State Street Corporation



- Workshops for Draper Laboratory



- Womens Initiative Creativity Workshops for Ropes & Gray Law



- Workshops for Deloitte.



- Workshops for Brigham And Women's Residents.



- Workshops for Society of Human Resource Management



- Contracted with Google for Creative Art Workshop.s

Holistic Wellness Experience

Reduces Burnout

Unlocks Intuition

Fosters Self-Expression

Sparks Innovation

Fun & Relaxing

Builds Team Connection

Therapeutic Benefits

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testimonials



" For 3+ years, I have partnered with Diana to host dozens of interactive art workshops for our google employees - and the series has been a smashing success! From fall foliage to cherry blossoms to garden landscapes, Diana crafts captivating themes for each class that reflect the New England seasonal inspiration and our group's interests. With every workshop, Diana engages and instructs our googler with carefully crafted content, patience and expertise - her investment in the development of each participant is evident in her ability to always allow time for 1:1 coaching and questions. We receive glowing accolades with requests to host more workshops each time - and we have many repeat participants! I highly recommend that business or individuals work with Diana to host these enriching art workshops"



"I have participated in Diana's presentation about "Art in Your Home" and found it both engaging and helpful in thinking about how to select art for our house as well as how to position it in the best possible way. I would highly recommend her presentation for anyone interested in learning more about art collecting and making their home more unique through art"



"Relaxing, recharging, and a fun and unique way to come together and build engagement within the team!"

"Enjoyable, experimental (since I've never done any form of guided painting), engaging, and liberating in the sense of just letting go and being present"

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

process

WE START WITH A SIGNATURE TALK ON USING CREATIVITY TO FIGHT BURNOUT

WE CONTINUE WITH STRESS-REDUCING GROUNDING PRACTICE.

WE MOVE INTO COMPLEX CONCEPTS OF COMPOSITION & COLOR THEORY SIMPLIFIED.

THEN WE DELVE INTO DISCOVERY OF VARIED METHODS OF USING MATERIALS AND SIMPLE ART TECHNIQUES.

WE END WITH A TEAM-BUILDING CRITIQUE SESSION.

scope of services

- * SINGLE OR SERIES OF WORKSHOPS
- * IN-HOUSE ART CLASSES
- * CLASSES @ BOUTIQUE/ART GALLERY STUDIO
- * MEDITATIVE ART ROOMS

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ways to partner with us!

We make it easy to bring creativity into your team's day, wherever they are.

- **Prefer the convenience of staying on-site? We'll come to your headquarters or retreat location, bringing all the supplies needed for a seamless, inspiring experience.**
- **Looking for a unique and relaxing getaway? Our beautiful space in Coolidge Corner, Brookline, is the perfect spot for a creative retreat.**
- **Have a remote team spread across the country or globe? We can pre-order supplies and guide your team through an engaging virtual workshop.**

Our offerings include everything from 15-minute keynote talks to 1.5-hour hands-on workshops. Let's create something amazing together—reach out for more details!

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