

THE METTA MINDSET

Infusing Creativity into Transformational Leadership

Progress doesn't happen in a silo.

Whether you're leading D&I efforts at a Fortune 500, a college professor or running a local non-profit, creating meaningful and sustainable progress depends on your ability to effectively collaborate.

The Metta Project takes a different approach.

Art is a tool capable of unifying communities and companies.
A universal language that invites creativity and collaboration.
A way to give voice to people, issues and experiences in a fresh,
engaging and compelling format.

*The Metta Mindset is an interactive workshop designed to strengthen
emotional intelligence, collaboration and trust.*

The concept is simple: participants work together to co-create socially-focused art projects. Through this facilitated process participants learn valuable skills like building constructive consensus, collaborative creativity and creative problem solving. These skills break down silos and drive sustainable impact.

This workshop is interactive, collaborative and fun! It infuses creativity into leadership development, helping participants approach their work differently. It asks them to bring their experiences, emotion, vulnerability and compassion to the table - not just their business skills.

- ★ We come to you, bringing the supplies and materials needed. You supply the space, the people and the snacks. It doesn't get more turnkey.
- ★ There is no set minimum or maximum number of participants. We simply want enough people to form small groups.
- ★ Ideally, this is a full-day workshop. It can be trimmed down to a half-day session, or pumped up to a more robust retreat, if requested.
- ★ Cost is based on group size, duration and location. Please contact Kirsten Helgeson (kirsten@themettaproject.org) for more information.

