



Creative Catalyst Workshop Series

Watering the Seeds of Our Dreams | An Interactive Creative Journey

Adam Rosendahl

November 9, 2021

What are the creative seeds you have been neglecting? What parts of your life do you want to water, nurture, and grow? Using visual arts, storytelling, and creative writing, PYE Trainer Adam Rosendahl will take participants on a 90-minute interactive journey to uncover the dreams that have been deferred or forgotten.

Here is a list of some of the things the workshop participants are celebrating.

- Sunshine!
- The delightful colour show happening in the woods outside.
- New life
- Having plantain snacks for this event
- Being part of this group
- Life
- Sunshine, creativity and community!
- A magnificent bald eagle circling outside my window. Saying hi I think
- Getting engaged a month ago!
- Life and good health
- Opportunities to learn
- Great music and moments of play with little people
- Snow
- Everyone around me

Workshop Resources

- See more [Participant Reflections](#) from this workshop
- Workshop [Outline/Slides](#)
- Here's the [link to the Spotify](#) playlist.

Resources from Adam

- Article: [Beyond the screen, there is a human being](#)
- Facilitator Forum Podcast: [Cracking open our hearts through the arts](#)