

## **Unleash your inner child – a workshop in creativity and personal balance**

***Weekend workshop Saturday 10 May and Sunday 11 May 2025 9 am to 5 pm.***

***This workshop is taking place at Fiskbækvej Events, Fiskbækvej 15, 8800 Viborg.***

Learn to express yourself from the inside of your soul, directly from the heart. In this workshop you will learn how to express yourself regardless of which form of expression you would like to strengthen. Perhaps you have a desire to be able to express yourself better creatively in words, with your voice, artistically or possibly in your job, your business or on other fronts in life?

Unleash your inner child is a creative, balancing and uplifting workshop. The course is primarily about creativity and your personal expression, where you want to use it. In addition, the techniques develop and support personal balance. It is thus not a painting or drawing course, although we include uses this as some of several tools.

The course is inspired by this quote:

***“All children are artists. The problem is to remain an artist once you become an adult.”-***

*Pablo Picasso*

### **Do you want to open the door to the creative potential that you know lies hidden within you?**

**The workshop is aimed at you who:**

- Have something that wants to be expressed, but cannot find its way.
- Want to release creative blocks.
- Seeking to get in deeper contact with yourself.
- Want to strengthen your personal or professional creative expression.

**Join if you want to:**

- Boost your self-confidence and trust more in yourself and your inner compass.
- Strengthen your impulsiveness and curiosity in a good way.
- Improve your ability to problem solve and innovate.
- Use it in private and working life as well as for inner personality work.

**Charlotte Dønvang**

<https://www.donvang.com> 23 30 85 36 [cdonvang@gmail.com](mailto:cdonvang@gmail.com)

### **What can you expect at the workshop?**

- **Creative exercises:** Drawing, painting, writing, coloring work and play, which increase impulsivity and curiosity.
- **Mental immersion:** Breathing exercises, visualization or meditation, which can provide physical and mental relaxation and balance.
- **Energy and joy:** Music, song or movement that awakens the senses.
- **New insights:** Introduction to the science of emotions and how thoughts and energy affect creativity and our personal balance.

### **THIS ONE TIME - SPECIAL PRICE!**

Maximum 6 participants!

*Planned price per person DKK 3,500*

*incl. materials, coffee breaks and a healthy lunch both days.*

### **JUST NOW ONLY DKK 2,500 per person**

Why so cheap? I need your input for any to tweak the workshop, as it is the first time I am facilitating it in Denmark. We end the weekend with an evaluation, which I will actively use to improve the process.

The course takes place at ***Fiskbækvej Events, Fiskbækvej 15, 8831 Viborg.***

### ***Your facilitator:***

My name is Charlotte Dønvang, and I was born into a family of artists. As a young person I worked creatively in the advertising industry, where I learned to be creative on command. Later, I have both worked with self-development and am trained in several areas of healing. And then I have previously held several courses abroad in creativity, self-development and healing.

I am also an exhibiting artist with exhibitions in 8 countries as well as several works exhibited at art museums. Based on my artistic approach, where colours and energy are at the centre, together we will explore powerful techniques and exercises that will awaken your creativity and give you tools to express yourself freely and authentically.

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### **What they say about my teaching:**

'Wonderful experience with Charlotte. She is creative, patient and very supportive – an excellent experience.'

*Dave Rogers*

*Inspirational Speaker & Business Coach*

'Charlotte is a skilled teacher and supervisor. It clearly removed some blockages inside me, and I got into such a natural flow with myself that the day after the workshop I started on a total of three paintings.'

*Ardy Timmer, visual artist*

'I considered myself artistically and creatively challenged. Through Charlotte's creative workshop, I have felt the happiness of letting go, the joy of losing my inhibitions and unleashing my creativity. Fun and eye-opening.'

*Jade Robinson, Middle Manager*

'I had some blockages from my childhood removed as well as my little repressed soul inside me. Charlotte's workshop was truly amazing.'

*Mei Watson, Practicing Reiki Healer*

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