

My daughter, age 6, took part in Life Coaching Art individual workshop this year. Originally, she didn't know how to clearly express herself, especially her emotions and feelings. During the Life Coaching Art session, she could draw under guided instructions, otherwise she would just scribbles.

As time passed, she has got more used to drawing as a form of expressing herself. She becomes eager to draw and eventually likes to draw because she can draw as she wishes. She wants to draw more because she gets more used to express herself in her drawings.

As her mother, I'm thankful that my daughter is able to enjoy the Life Coaching Art in a fruitful way. Besides, I now have an effective way to understand my child more, especially when she previously found it so hard to express her deeper feelings. It promotes a good communication between us and allows me to explore my daughter and myself more. I remember once that the Life Coaching Art instructor guided my daughter to draw out what she had done in a classroom. After that, the instructor understood my daughter's behavior, the instructor then drew out a better corrective action and encouraged my daughter to have alternative ways to the current behavior. This benefits my daughter much, as she now has access to more concrete ideas of the situation and can derive more appropriate actions through Life Coaching Art.

Not only my daughter benefits from Life Coaching Art session, I as a mother, thanks for the instructor, who also helped me greatly to open up myself. I remember once when the instructor asked me to draw a picture, that would encourage and enlighten me. I recalled one image in my mind and drew out the following picture.

"Whenever I feel scared or despaired, I would like to seek help in some ways. Sometimes I could imagine myself sitting on a great armchair with a cushion around me, this gives me an enormous comfort and protection, an encouraging stimulus".

