

## **Workshop Title**

Travel Within: Discovering Your Creative Element

## **What Happened**

This workshop focused on the importance of self-awareness in artistic practice. I shared insights from my journey in the creative field and spoke about how understanding oneself is essential before creating meaningful work.

We explored the idea that every artist must discover their own emotional metaphor.. a symbol, material or form that deeply resonates and becomes an extension of identity. Through dialogue and reflection, the session emphasized that authentic creation begins from within.

The discussion highlighted that technique alone does not define art. When the soul is present in the process, the work carries depth, sincerity, and individuality.

## **Outcome**

The session encouraged participants to turn inward rather than outward for validation. It created space for reflection, conversation, and recognition of personal creative elements. By the end of the workshop, participants began identifying what truly connects them to their practice.

The workshop reinforced that meaningful art emerges from alignment between inner truth and outward expression.