



The Art of Wellbeing™ (AWB) Performance Sessions

AWB Performance Objectives

AWB's objective: Improve the performance and well-being of all healthcare stakeholders by developing, employing, and inspiring new habits of healing and wholeness contextualized in arts experience.

All sessions will employ SIPI (Spontaneous Interpretive Performance Improvisations) which will create individual and group performances and outputs using various arts to illustrate the dynamics of different sensory modalities. Our work will use a variety of forms including Performing Arts, Visual Arts, Music (live and recorded), Literary and Narrative Arts, Graphic Arts, and others.

Session 1 “D” Discover how mediators of wellness manifest in life

S1 Topics: Experience, Relationships, Tension and Release

Session 2 “E” Examine how perception influences wellness

S2 Topics: Needs, Self, Culture and Habits, Rich Experience

Session 3 “L” Leverage mediators to create standards of wellness

S3 Topics: “Aliveness,” Wellness Inventory, Standards of Well-Being

Session 4 “T” Translate standards of wellness into Good Wellness Practices

S4 Topics: Standards and Practices of Well-Being,

Session 5 “A” Adapt Good Wellness Practices into your own Life and Profession

Using the accumulated learnings of this class, students, individually or in groups, will create art objects or performances that reflect one or more of the class topics.