

Post-Traumatic Growth Mindset



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The Creative Economy

A critical economic resource, driver of growth, expands employment and fosters culture rich communities



Opportunity for Post-Traumatic Growth

Create new internal resources, shift perceptions, build strengths, create uplift and fortitude, increase creativity and resilience



ARTISTS THRIVE

2020 Annual Summit
www.artiststhrive.org

Mindfulness & Contemplative Practice

Practices that assist us to navigate our “being”. And through that awareness and reflection, we build the space for resilience and personal growth



Previous Research Project

Mindfulness Resource Lab funded by a Pratt Seed Grant

100% of Participants Reported

Increase in overall well-being

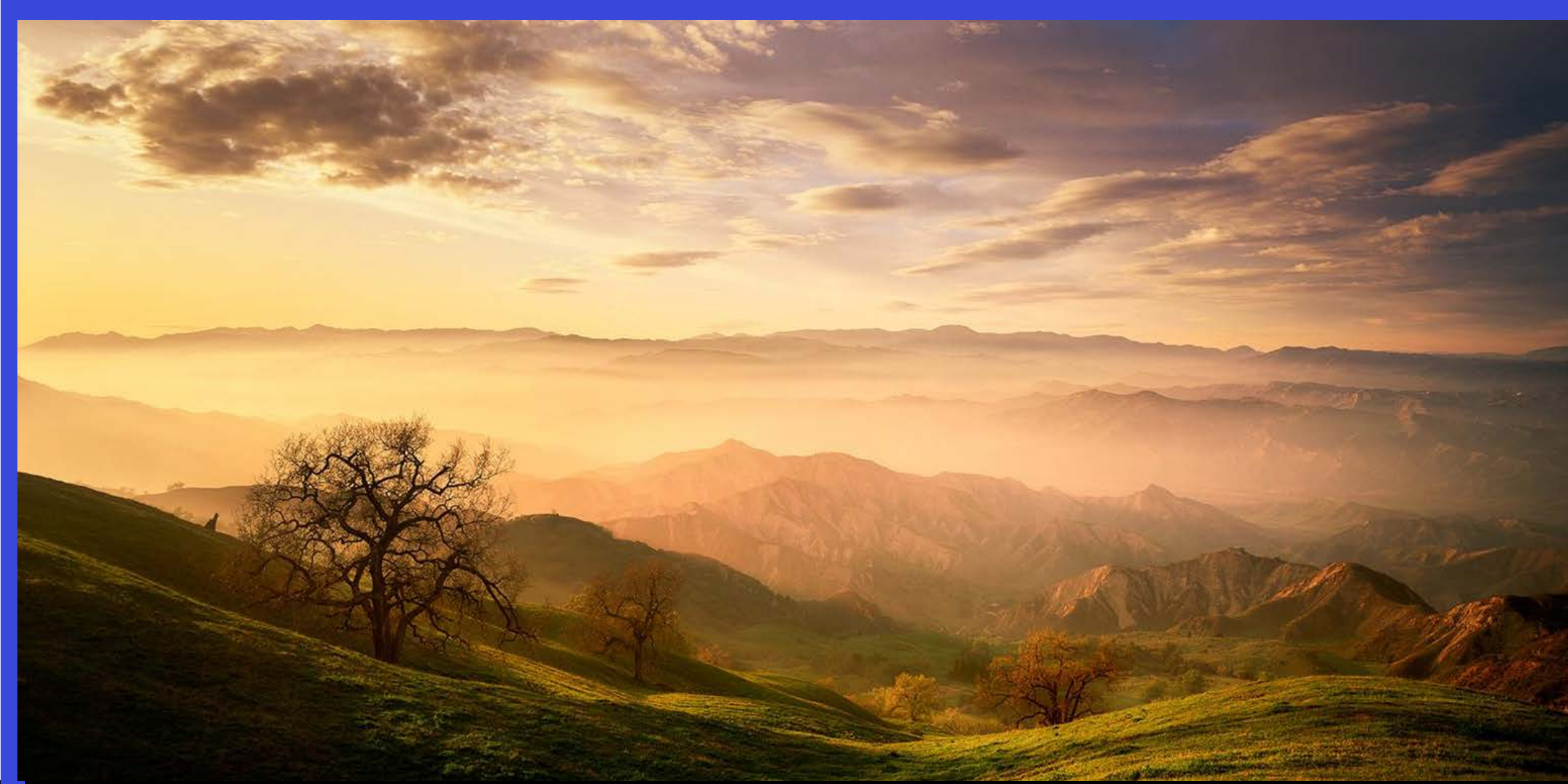
Strong motivation to stay with it

Met expectations

Surprises in what they learned

More optimistic

“Being in this project has helped me find a way to breathe again, both physically and mentally. At the beginning, I didn't think I would make it through [...], but looking back, it has changed everything.”



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The Mindfulness Collaboratory

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Join Us!

More info - commons.pratt.edu/MindfulnessCollaboratory
Session description - the link for our sign up form



A Successful Collaboratory

Building and sustaining contemplative communities for creative growth and stability



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