



Polina Yakymenko

Strategic Designer, Researcher & Expressive Arts Facilitator

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Expressive Arts Lab for teams

(re) Frame,
(re) Imagine,
(re) Discover

through creative inquiry!

Explore your challenge moving beyond usual thinking and **engaging in arts-based, embodied practices.**

With a focus on the creative process as a research playground, rather than on making "art."

No art skills needed



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Exploration opportunities

- **Build purpose**

Cultivate presence, empathy, leadership, and problem-solving through creative expressions

- **Drive innovation**

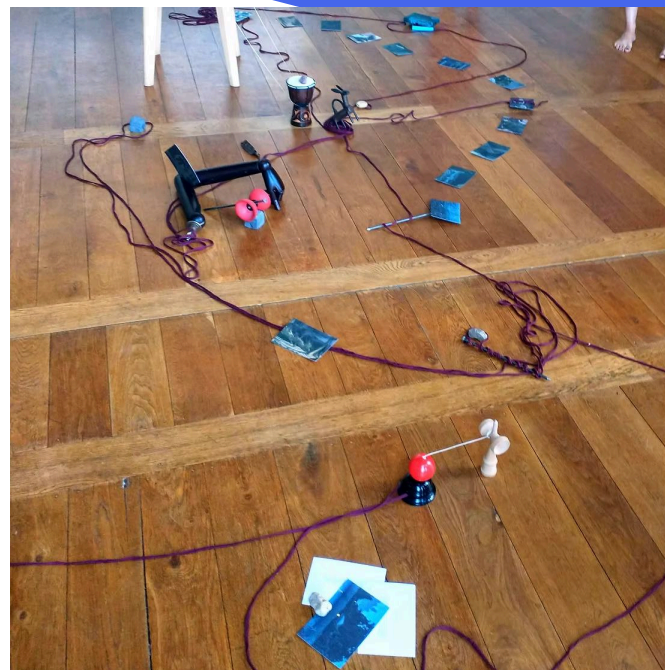
Tap into collective intelligence and imagination going beyond usual thinking to unlock new perspectives

- **Enhance synergy**

Reimagine roles, boost confidence, resolve conflicts, and empower teams through play

- **Navigate uncertainty**

Reframe challenges, adapt to change, and turn obstacles into opportunities with arts-based methods



Photos from "The Liminal" Expressive Arts sessions in Berlin



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In Expressive Arts Labs

creative process is

- ◆ **A form of inquiry**
Pose a question and engage in the creative process for insights
- ◆ **Intermodal and multi-sensory**
Use play, colors, shapes, sounds and movement as your language
- ◆ **Non-linear exploration**
Participate with curiosity and imagination, observing experiences and how they unfold
- ◆ **Hands-on discovery**
Meaning is discovered through creation—first experienced physically, then put into words



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**Get in touch, share your needs, and
I'll create a tailored session for your team**

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I'm an Expressive Arts Facilitator with 8+ years of experience in design field. I combine analytical thinking, creativity, and empathy, blending my expertise in design and Expressive Arts to help individuals and teams explore, grow, and collaborate creatively

Sep 2022 - Jun 2023 - Expressive Arts Facilitator trained at Step ahead!
Expressive Arts Institute Berlin

2022 - now - **MA in Expressive Arts Therapy with a Minor in Psychology** at
The European Graduate School.