

I am passionate about creativity. I sense that it holds the key to opening up our highest potential. Creativity and happiness go hand in hand forming a basis of a holistic approach.

I have a background in economics, business, finances and accounting, IT, international relations and diplomacy, artistic expression, energy healing and balancing, languages and translation, publishing, child-friendly education and coaching. I am also a mother of five. That span has allowed me to explore my different aspects and get in touch with what the holistic approach fostered in IST means in practical life.

Creativity lies within everyone and is most natural to us. It may be likened to a flower or a seed that will sprout and gather power not by forcing it but rather noticing and cherishing it, creating conditions and a welcoming atmosphere for it to grow and flourish in ways that are totally unique.

Therefore, as an art teacher, I am there not so much to develop their creativity but rather support the student to get in touch with something that is already there. That allows them to become more aware of it, grow in confidence and eventually be able to self-support.

In art lessons, I encourage an attitude of curiosity, playfulness and fun while growing the student's ability to stay consciously focused on their work and being respectful towards themselves and others in the class.