



# Art-Based Approaches in Competency Development Training How "Once Upon a Time" Unlocks the "Here and Now"

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# Our Background



1. **Why** incorporate artistic engagement?
2. **What** type of the arts to apply?
3. **How** can we integrate arts into existing courses?  
(4 case studies)

# 1. Why incorporate artistic engagement?

- ✓ Alleviates techno stress and hassle culture: reduces everyday pressure, shifting learners from anxious to **mindful**
- ✓ **Attractive**: makes development more engaging and entertaining (genZ!)
- ✓ Provides **safe space** to reflect, reframe and practice new ways of being
- ✓ **Externalizes the abstract**: facilitate expression of complex concepts, ideas, feelings
- ✓ **Integrative** process (left and right hemispheres collaborate)
- ✓ Invites **free thinking and intuition** (no automated answers)
- ✓ Fosters **self-expression**
- ✓ Shared creation builds **deep human connection**

## 2. What type of arts to apply?

storytelling

creative writing

painting (different materials have different effect: acrylic, watercolour, pastel...)

collage

photography

online arts (animation, Insta...)

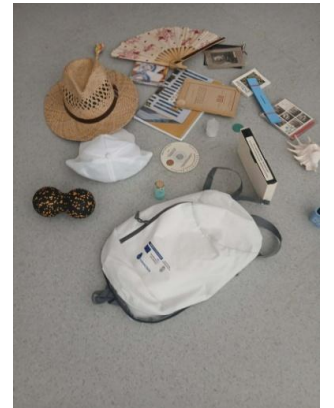
even culinary arts (Erasmus - share culture, history)

...



# 3. How can we integrate the arts into existing courses?

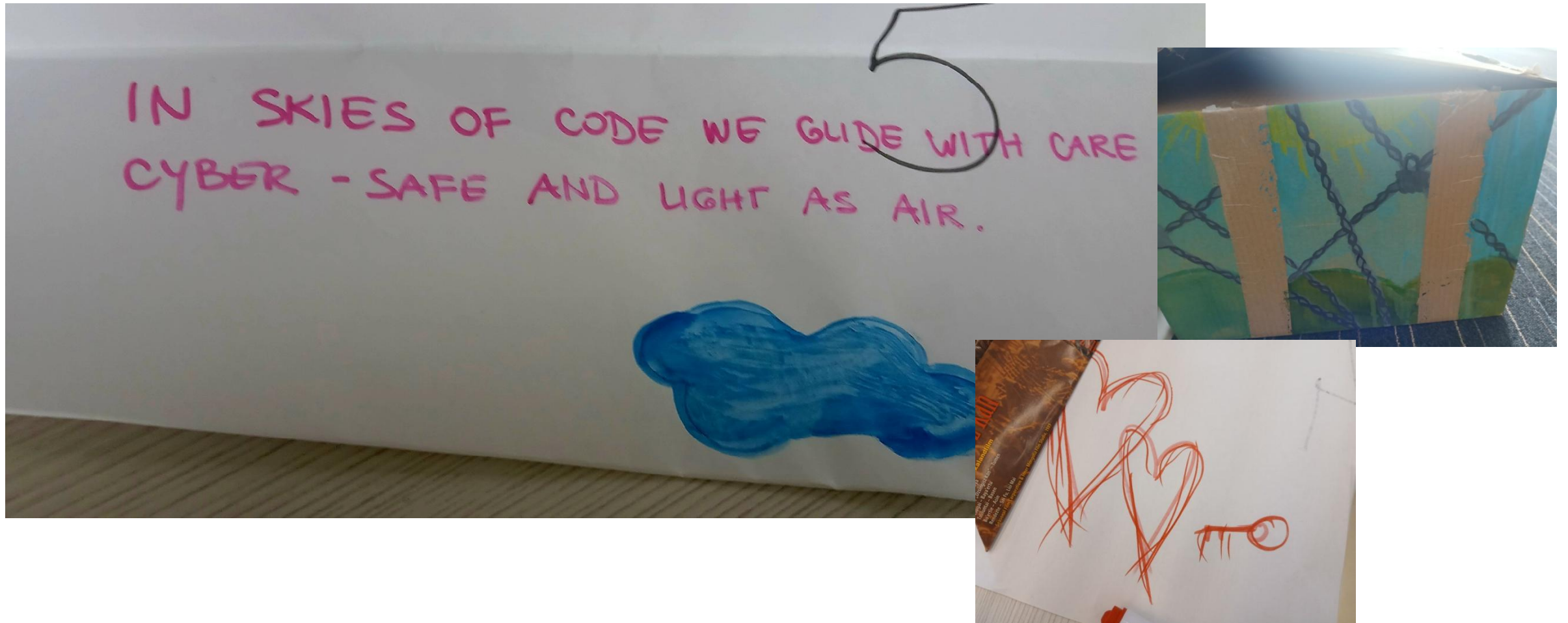
- Design depends on duration, level of openness, nature of the course
- Trainer - method match
- What helps to get out of the comfort zone:
  - picking an object or making a collage is a safe start
  - providing variations is helpful
  - introduction (scientific background) and the expressions used (3D model, visual representation vs piece of art) matter
  - clear structure, learning points
- Every process is unique



# Painting: to Recap Strategy

Cybersecurity in Public Service Erasmus+ BIP, 30 May 2025

thinking outside the box



# Lego: Professional Identity Work

Coaching Style Leadership Training 18-19 May 2026

thinking with hands



# Map of Fairy Tales – Self diagnoses and planning

Leadership Styles in Education Workshop, Spring 2026

the power of symbols and archetypes (e.g. deep dark forest, castle, hero, road, dragon...)



# All in: Storytelling , Land Art, Collage, Photo ...

## Sustainable Leadership Communication Course, Spring 2026

co-creation in the here and now



share your  
here and now experiences

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