

# Inevitability: Unlocking resilience and adaptability through art

Penang artist Esther Geh is a trained anaesthesiologist who turned to art full time in later stages of her career. She takes us on a journey to unlocking resilience and adaptability as she guides us through creating our own work of art.

\*This art workshop requires preparation of supplies beforehand.

*Materials needed:*

1. *Print of predrawn template*
2. *Colouring supplies ( a set of watercolours, colour pencils or watercolour pencils)*
3. *Black pen ( permanent ink - 0.1 /0.2/ 0.3, or whatever you have really)*

*Note: Esther will be painting in watercolour, but you can also use colour pencils or watercolour pencils*

