

Inevitability: Unlocking resilience and adaptability through art

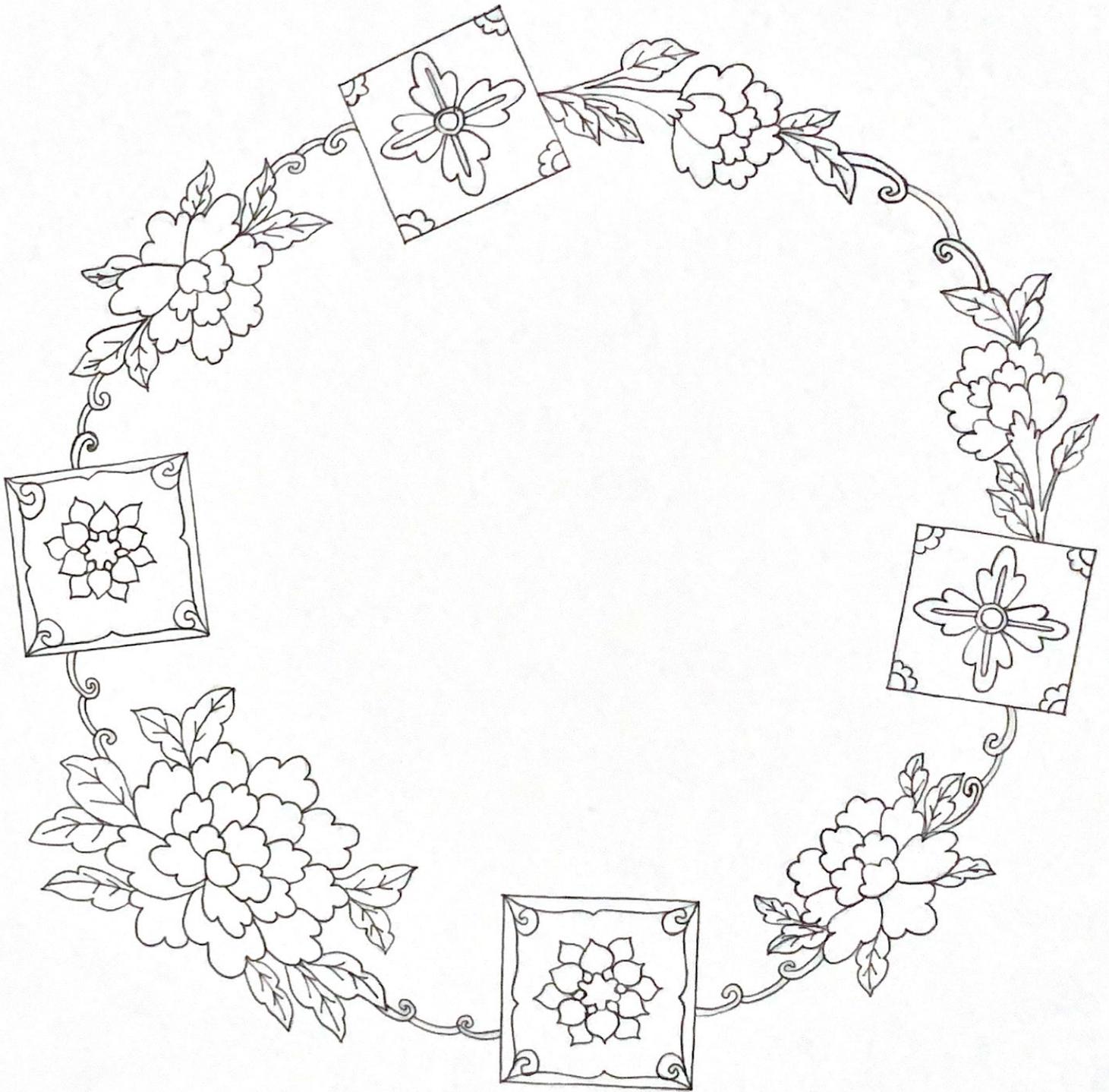
Penang artist Esther Geh is a trained anaesthesiologist who turned to art full time in later stages of her career. She takes us on a journey to unlocking resilience and adaptability as she guides us through creating our own work of art.

*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



E. Goh 2020