



Team Building for Tech

Zinnia Wellness Painting with Katherine Gagnon

Summary:

Are you navigating being part of a team and work in tech? Join us at the Charleston Learning Center on Thursday, May 7th 5:30-7:00 PM, where Katherine Gagnon will debut Zinnia Wellness Painting's newest offering: Team Building for Tech.

In this guided wellness painting workshop, we'll explore what it means to be part of a team while creating our own artwork to music. Using nontoxic watercolor paints and oil pastels, participants will paint an abstract "zinnia" flower and enter a state of "flow" — reflecting on the team-building pillars of *communication, compromise, and trust*. It's a chance to unwind, recharge, and connect with colleagues and others across the Charleston tech community. Refreshments provided.

Topics:

- Team Building
- Artmaking for beginners
- Creative outlet
- Employee Engagement Activity
- Community & Connection
- Process over product
- Mindfulness
- Letting go through imperfection
- Wellness at work

What you'll learn:

- How to use art making as a form of relaxation, promoting overall stress relief and wellness
- How effective communication and accountability play a role in our relationships with colleagues
- Why compromising helps us stay cohesive as a team and achieve goals

Prerequisites:

There are no prerequisites.

About your presenter:

[Katherine Gagnon](#) is an artist, educator, and entrepreneur. She earned her BA in art and art history from Colby College and an MFA from the Maryland Institute College of Art, where she also completed a Certificate in College Teaching of Art. After returning to teaching through the nonprofit sector, she founded Zinnia Wellness Painting. Her experience includes serving as an adjunct professor at St. Mary's College of Maryland, managing sales administration for an international auction house, and running a commercial art gallery in New York City. She lives in Charleston with her husband and young son.

Vitals:

Cost: \$50 (\$40 CDC members)
Class start time: 5:30 pm
Class length: 1.5 hours
Class size: 40 persons

Difficulty: Beginner
Computer: Not required
Scholarships: n/a

Location: 4 Conroy Street, Suite A, Charleston, SC 29403

Parking: Charleston Tech Center Garage