

Pathways to Wellbeing: A Comprehensive Art Workshop Series

2026 Leadership in Action Project

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Introduction

Kwai Chung Hospital Patient Resource & Social Centre offers recreational activities to psychiatric patients. It helps patients rebuild confidence, self-esteem and hobbies, with the goal of supporting their reintegration into society. My role was to design and run art workshops while involving and training volunteers.



LiA Goals and Objectives

- Enhance participants' sense of containment and belonging within the centre
- Reduce distress and improve daily functioning
- Strengthen ties between the centre and the surrounding community by recruiting and integrating volunteers to assist in the workshops



e.g.
**An Oil
Pastel
Workshop**

- Oil pastels were chosen for rich colour and immediate feedback, enabling emotional expression without advanced skill. Evidence shows structured art can reduce anxiety, improve emotion regulation and foster connection.
- I collaborated with nurses and volunteers, adapted activities using design-thinking and research support. During sessions, I flexed techniques for varying abilities, trained volunteers, and managed materials and timing under uncertainty.

Takeaways

- Patients shared that they looked forward to the workshops and enjoyed the process, reaffirming the project's purpose: creating small spaces of containment, creativity and connection for often-overlooked needs.
- Thoughtful preparation, collaborative design and adaptive facilitation turned creative activities into meaningful support for wellbeing. The experience made me a more capable leader and a more attentive person. I will carry these lessons forward, combining research and practical action to help build more inclusive communities.