

<b>Event Name</b>	<b>Reaching Our Goals Through Art Therapy Workshop</b>
<b>WP Number</b>	WP3 : Capacity Building and Training Workshops
<b>WP Leader</b>	UNIOS
<b>Event date</b>	March 11 <sup>th</sup> ,2023
<b>Number of Participants</b>	English
<b>Total number of pages</b>	2

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## 1. Event Description

**Lead University:** Universidade Católica Portuguesa UCP

**Co-Lead University:** Hashemite University & University of Sfax

**Date :** March 11,2023

Dina Bani Mustafa held a workshop, about goals and personal blockages.

The workshop covered the topics of personal blockages and setting goals that inspire us. Some of the questions that were asked were:

Are you feeling stuck and uninspired?

Ready to make progress in life, but unsure where to start?

This unique experience was perfect for anyone who was looking for creative ways to unlock their potential and reconnect with their passions.

## 2. Photos

