

a million little pieces

CREATIVE WELLNESS PROGRAMS

For teams, leaders, and communities ready to reconnect, reflect, and grow.

a million little pieces
is a mindful art journey
where you...

talk

through
coaching

create

through
art therapy

heal

through expression,
creation & self-reflection



A Million Little Pieces was founded by Zainab Abbas, a Creative Director and certified Creative Arts Practitioner with over 20 years of experience in design, visual storytelling, psychology-informed art practices, and group facilitation.

Her sessions are inclusive and designed for people with no art background — just a willingness to show up and explore.

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QUALIFICATIONS

Certified Creative Therapeutic Practitioner
Counselling and Psychotherapy Central
Awarding Body, UK

**Creative Therapeutic Practice for Supporting
Autistic & Neurodivergent Children**
Counselling and Psychotherapy Central
Awarding Body, UK

NLP Certified Coach & Practitioner
MindBridge NLP & Coach Trainings, USA

Foundation in Art Therapy
The British Association of Art Therapists, UK

Specialist in Reggio Emilia Approach
Loris Malaguzzi Centre, Italy – Child-led, creative,
and environment-based approach.

Bachelor of Fine Arts in Visual Communication
The School of the Art Institute of Chicago, USA

BTEC National Diploma in Design
Somerset College of Art & Technology, UK

WHAT'S IN OUR NAME

“The name *a million little pieces* comes from a deeply personal belief: just like you, I’m made of many parts – thoughts, feelings, memories, and experiences. All the pieces that shape who we are. In this space, we gently bring those pieces together through art and quiet, personal support.”

ZAINAB ABBAS
Founder

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TALK. CREATE. HEAL.

OUR MAIN FOCUS

We put 'you' at the heart of our concept.

At A Million Little Pieces, you're not just another participant — your voice, your pace, and your story matter. Each session is a calm, intentional experience where you can pause, reflect, and reconnect — away from the pressure of doing and performing. In small groups of 10–15, you're gently invited to express what words often can't, through guided creative processes.

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TALK. CREATE. HEAL.

THIS IS WHY IT MATTERS



- Reduce Stress & Prevent Burnout
- Support Emotional Wellbeing
- Encourage Self-Awareness
- Spark Fresh Perspective
- Build Connection & Empathy
- Enhance Sense of Belonging
- Boost Engagement & Morale
- Support Retention & Workplace Wellbeing

Why creative expression belongs at work.

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TALK. CREATE. HEAL.

Creative expression activates the brain's reward system, increasing dopamine, oxytocin, and serotonin — which enhance motivation, trust, and idea generation.

Burnout & Stress Reduction

75% of staff reported significantly reduced work-related stress and fatigue after participating in art-based interventions.

National Institutes of Health / PMC4847097

Strengthened Team Cohesion

76% of employees reported feeling more connected to colleagues and experienced improved teamwork after engaging in creative workshops.

Art Therapy in the Workplace – Michael Sjostedt

Emotional Resilience with Long-Term Impact

A Drexel University study showed reduced anxiety, depression, and emotional distress after art therapy — with positive effects sustained at 12-month follow-up.

PubMed / 2023

Boosted Engagement & Productivity

Organizations that offered arts-based programs saw a 23% increase in engagement, a 15% rise in productivity, and a 30% drop in stress-related absenteeism.

WHO & American Journal of Public Health (via Vorecol)

EXPLORE SOME OF OUR CREATIVE EXPEREINCES

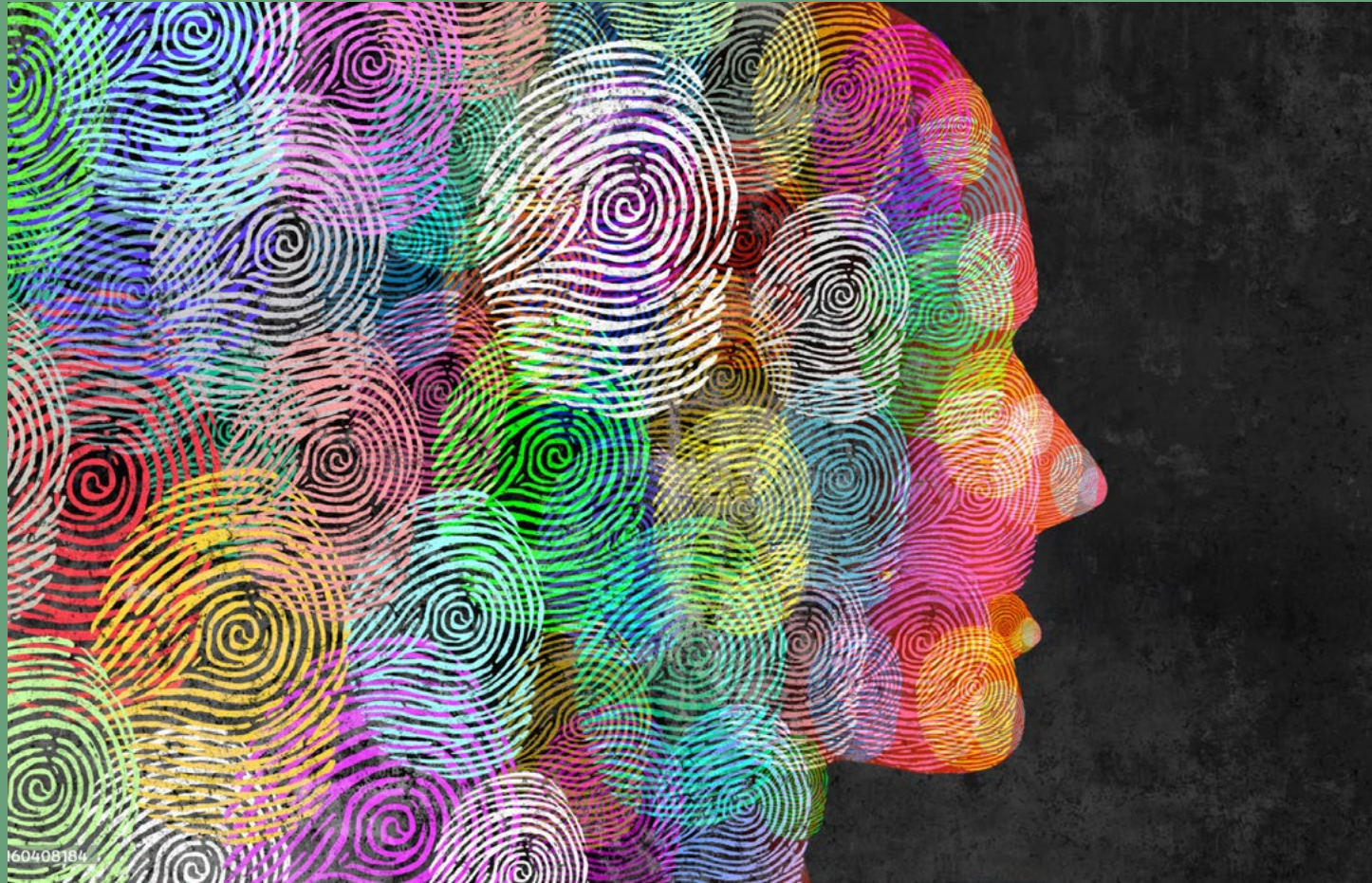


Burnout & Boundaries

Exploring energy, limits, and restoration.

Help participants recognise burnout, honour their limits, and build internal and external boundaries using creative expression.

Format: Individual session
Duration: 90 minutes



The Inner World of Emotions

Sorrow • Fear • Anger • Shame

A powerful, supportive space to explore emotions we often suppress. Participants process what’s hard to name — giving shape to feelings words alone can’t always hold.

Format: Series of Sessions, over 4 weeks
Duration: 90 minutes each



Mindful Making

A slow, mindful pause through art.

This session combines calming breathwork with gentle creative gestures to activate presence, release stress, and create something quietly meaningful

Format: Individual session
Duration: 90 minutes

EXPLORE SOME OF OUR CREATIVE EXPEREINCES



Shared Creative Connections

A shared piece shaped by trust.

A large-format, meaningful art-making experience where participants co-create a final piece — taking turns, layering over one another’s marks, and building connection through creative flow.

Format: Individual session
Duration: 90 minutes



Work with People of Determination

Creative inclusion with impact.

Invite your workplace to support inclusive expression by co-creating alongside People of Determination. A beautiful way to foster empathy, awareness, and meaningful connection.

Format: Individual session
Duration: 90 minutes



Tailored to You

Built for your team and themes.

Whether it’s International Women’s Day, Mental Health Day, or something unique to your company’s culture — this flexible option lets us co-create a session that fits your values, themes, and schedule.

Format: Individual session, half-day event, etc.
Duration: As required

TESTIMONIALS

Zainab was mindful, respectful, and incredibly sensitive to emotions during and after the session.

Zainab led a powerful and heartfelt art therapy session for Flooff, honouring women in animal welfare. She created a calm, expressive atmosphere where emotions could surface and be shared. It was honest, restorative, and deeply moving – an unforgettable experience.



ARCHANA NADKARNI
Founder, FLOOFF, All for Paws

Zainab invited us to create from a childlike place — guiding us to the playful, curious part of ourselves.

In just 90 minutes, Zainab created a warm, intuitive space that felt safe and truly engaging — even for those new to this kind of experience. Working with clay opened something playful and honest, and what emerged was heartfelt, meaningful connection.



ACHASAH WEINREB
Founder, Women Who Thrive

If your team's craving something real, refreshing, and creatively soul-filling, Zainab's your person.

Zainab didn't just run a session — she created an experience. Blending her sharp eye for brand strategy with a unique approach to art therapy, she made it feel like both a deep breath and a creative spark. It was thoughtful, grounding, and fun — nothing like a typical workplace session.



SANIYA MULLA
Head of Marketing, Al Huzaiifa Furniture

TESTIMONIALS

The energy shifted – we became more open, supportive, and connected with each other.

Zainab’s session fostered team cohesion through interactive, creative exercises. She facilitated the dismantling of barriers, encouraged open communication, and promoted active listening. The experience underscored the collective strength we possess when engaging in collaborative creation and mutual healing.



REET MAAN SOHAL
COO, Neuropedia Group
& Child Development Center

Zainab leads truly transformative art therapy sessions – a powerful facilitator of change.

The session didn’t just spark change in the moment – its impact lasted long after. Zainab created a warm, safe space where everyone felt comfortable opening up and sharing honestly. Working with our hands awakened many parts of the brain, and the heart connection that followed brought profound, soulful healing.



NARGIS RAZA
Co-Founder, Osteopathic Health Centre
& Women’s Wellness Events

What a unique way to express ourselves by exploring emotions through tactile, sensory materials.

Amal CSR took part in a creative session led by Zainab – exactly what we didn’t know we needed. It helped us connect, open up, and release emotions we’d been holding onto. Zainab has a way of waking up parts of you. Highly recommend her sessions – real, nourishing, and unforgettable.



ZAINAB AL BALOOSHI
Marketing, AMAL CSR

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