

# a million little pieces

CREATIVE WELLNESS PROGRAMS

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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



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**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.**

## 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.

# 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.

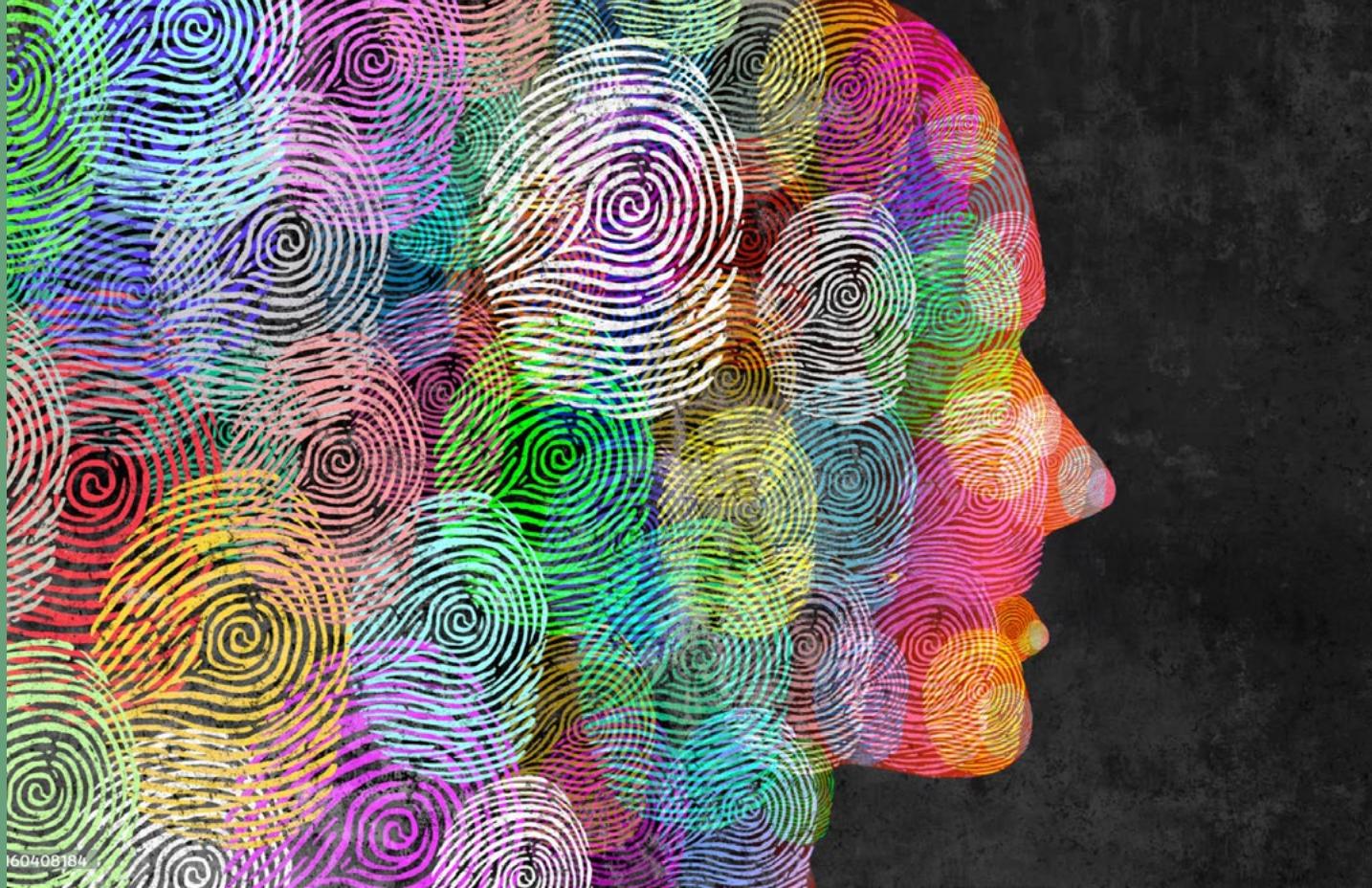
*PubMed / 2023*

### **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 EXPERIENCES



### 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 EXPERIENCES



### 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

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### 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

TALK. CREATE. HEAL.

## 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 Huzaifa 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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