



Special session: “Business Owner Painting with a Twist Activity

This is a 60-minute creative wellness experience designed specifically for Nurse Practitioners. This guided painting session uses art as a reflective tool to help participants process stress, honor their personal and professional resilience, and reconnect with themselves beyond the demands of patient care.

This is not a traditional art class and does not require any artistic skill. Instead, participants are invited to create a layered painting that represents their journey through building or scaling their practices. Through guided prompts and optional sharing, attendees will explore what has weighed them down during their journeys, what has carried them through difficulties in the process, and who they are becoming as they move toward greater balance, clarity, and strength in business ownership.

The session provides a safe, judgment-free space for Nurse Practitioners to pause, reflect, release, and create something meaningful that serves as a visual reminder of their strength and humanity. Participants leave with a completed canvas and a personal reminder that they are valuable, resilient, and worthy of being a business owner.