Living Well – Today and Tomorrow

Course
Title: Color my World: Tools for Creative Communication and Work at Play
Program # 3436-16-LAAS

Instructor Name: Lynn Tarnoff
Email: ltarnoff@dcs.wisc.edu
Website: http://lyntarnoff.wix.com/artist
http://hrtenterprises.wix.com/toys
Phone: 608-890-1424

A welcome note from your instructor:
Are you stimulated by color or does it relax you? Probably both, but which colors effect you and how? Marketers know how to influence you with color. Good communicators can learn to use color to explain so many things. You are communicating with your use of color every day. Now you can do it with intention. In this course we will explore techniques for sharing your personal color wheelhouse with family, friends and business colleagues. You can increase your empathy for others by understanding their color culture, including preconceptions, preferences, motivators and more. Learn to lead and play with color.

Prerequisites: Basic knowledge of color theory and color trends, or Color my Life: Tools for Managing Mood and Stress.

Tips for success:
Come willing to be playful, have an open mind and rediscover the secrets that you knew as a child. . . the magic of putting color on paper or the walls. Did you know what colors soothe or stimulate you? They may not be the same ones you think . . . or the same as those that inspire or enrage your friends and family. This is all about you. Take the time to color your world . . . and work with friends, family and colleagues to help color their world too.

Supply List (Bring your own)
Note: All supplies are suggestions. Mention of a brand or retailer should not be considered UW-Madison endorsements. Students may make substitutions.

Required supplies:
- A new box of crayons (16 count or more)
- Coloring Book – with drawings that make you smile
- 9” x 12” Sketch Pad (preferably spiral bound)
Living Well – Today and Tomorrow

- Small scissors
- Glue Stick
- Fine point black pen or marker
- Old magazine(s) for shredding

Optional items:
- Colored pencils (with sharpener)
- Colored markers
- More magazines for sharing