

# The Doodle Challenge

## You have been... Doodle Challenged

### ABOUT THE DOODLE CHALLENGE

**Stress is a huge problem.** In today's fast paced busy world, stress can negatively impact our health, joy and success in both career and personal life. Stress can manifest in a number of ways and can also bring other unwelcomed conditions such as burnout, disconnect and self-doubt. Your cognitive wellness should come first. The Doodle Challenge addresses this issue by developing engaging tools, games, and workshops that build strong creative minds and happier people so they can stress less and live unblocked successful inspired lives.

The Doodle Challenge is an exciting cognitive tool and game for adults to play in a group or solo, that can combat stress, self-doubt, disconnect, and burnout. The Doodle Challenge has developed multiple products to help you harness your own creative mojo. The game comes as a card set and as an app.

In addition to targeting the key psychological factors we have described, The Doodle Challenge also hones storytelling skills, which are essential for enhancing effective communication and problem-solving, as well as bolstering creativity.

It's all about perspective, playing The Doodle Challenge (TDC) reminds us there is always another solution to the problems we face in life.



### ABOUT THE FOUNDER OF TDC



Christina Kaputsos is the founder and creator of The Doodle Challenge. She is a creative director, strategist and educator who has worked with B2B and B2C brands for over a decade. Passionate about aiding individuals in better understanding themselves and unlocking their creativity, she created TDC to reduce stress in teams and individuals caused by work/life situations that can impact cognitive function and artistic expression.

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## OUR OFFERINGS

You don't have to know how to draw to play The Doodle Challenge successfully, it's all about what you see and what story you can tell rather than your drawing skills! Not just that, playing The Doodle Challenge is absolutely hilarious!



### The Doodle Challenge Products

The Doodle Challenge comes in an array of printed games and apps to stretch your brain – intended for adults to use solo or in a group. Based in Neuroscience, Psychology and Art/Design theory The Doodle Challenge offer hours of fun and creative problem solving. TDC is launching our first Kickstarter campaign May 10<sup>th</sup> – June 10<sup>th</sup> to get our work to the world! (62 card set & app version.)



### The Key Levels Score (KLS)

The TDC Team has developed The Key Levels Score Test which reveals an individual's score for four common emotional experiences: stress, disconnect, burnout, and self-doubt. The questions in the KLS has been validate in social science research. The KLS provides recommendations for how an individual can leverage playing The Doodle Challenge along with other wellness practices to decrease or maintain their score. We also offer a group version of the KLS so teams can uncover hindering factors to their success and how establishing a team wellness plan can help.



### Workshops

In addition to our games/tools, TDC also offers The Doodle Challenge workshops to organizations who have desire to get the most out of their employees, students and staff by equipping them with inventive techniques and products to reduce stress, foster creativity, develop better storytelling skills and further develop problem-solving skills. To learn more visit us at [www.thedoodlechallenge.com/fororganizations](http://www.thedoodlechallenge.com/fororganizations)