

# Program Descriptions

## Arts:



**Corporate Team Building/Creative Problem Solving "Paint It" Workshop** ~ Team building art event that will strengthen your team while creating art. Team will create a piece of art while discussing problem solving while working with instruction and different personality types. **Benefits:** Instructor will take attendees through exercises that strengthen team building and problem solving skills. The participants will also explore their creativity.

**Zen Tangle Workshop** ~ Explore the team's creative side and learn strategies to reduce stress. **Benefits:** This program helps the team combine different thoughts and ideas in new ways than they have before.

**Group Mural Painting** ~ You will work on planning concepts and executing a mission as a team while using creativity to create a work of art. **Benefits:** Activity's will challenge attendees minds and will encourage their creative outlook.

**Team Building Through Art** ~ High energy and entertaining activity that is collaborative and business focused. Activity facilitates team bonding through team spirit and allows for teams to get to know each other outside of their working environment. Allows individuals to search for their creative talents and promote personal growth through art. **Benefits:** This program takes participants into examining issues from new perspectives by using art as a team strengthening tool.

**Masterpiece Collage Painting** ~ Activity can be tailored to the needs of the company to add the most benefit. Team members will be given a section from a large print from a masterwork of art. Each team will devise a way to re-create their section of the painting in acrylic on panel. **Benefits:** This program's intent is to have the participants engage in a group exchange process. They will build on their teamwork skills like communication and cooperation.

**"Sparking Creativity"** ~ Use color and music to find your inner artist and release your creativity. **Benefits:** This creative program will increase productivity and open up a different part of the participant's mind that will allow them to approach their daily work in a different way.

**3D Creative Art** ~ Using sculpting or self-hardening clay participants will create a funky abstract container or object of their choice. Attendees will learn to manipulate clay, attach, use clay tools, and think 3-dimensionally. Instructor will lead team in sculpting while applying fun and interesting textures to make the pieces unique. **Benefits:** Participants hands and brains will get a creative workout. Team will also strengthen their personal and group creative problem solving with alternative creative choices and decision making.

## Cooking



**Cooking Competition** ~ Participants compete in a cooking challenge to work on their teamwork skills. Participants break up into two teams and are given ingredients and instructions to cook a certain meal. At the end of the timed session the chef will judge the two team's creation. **Benefits:** This fun activity benefits the team not only by improving morale but promoting leadership skills as well. The participants will bond over the shared task at hand and strengthen their team work skills.

**Cook Meal with Chef** ~ Menu decided on prior, activity includes a chef led session where participants make their own lunch in the facility's culinary studio. **Benefits:** This activity is beneficial in that it is a bonding experience for the participants. The group also learns a new recipe and some basic chef skills that they can use at home.

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## Health and Wellness



**Get Out of the Funk & Into the Flow Workshop** ~ Participants learn simple ways to lift their spirits and release energy blocks through laughter, Aromatherapy, and movement therapy. **Benefits:** The team will get to take a look at their own wellness in a different way than they have before. They will benefit from learning about unique ways to take care of themselves physically and emotionally.

**Nutrition 101 Workshop** ~ Attendees will learn about nutrition by going back to the simple nutritional truths. They will also learn ways to be more conscious of food and portion sizes. **Benefits:** Participants will be taught about proper nutrition and get a fresh take on how to eat healthier.

**Express Workouts** ~ Participants will actively learn how to integrate exercise into their daily life. **Benefits:** Research shows that short workouts deliver many health benefits; attendee's will get a chance to practice and learn these easy exercises to implement into their routines.

## Personal Development

**Stress Less with No Mess** ~ Activities in stress reduction including "Two Minute Stress Buster" and the "Power to Peace Mediation". These exercises are used to achieve relaxation as well as situational stresses. **Benefits:** Instructor uses tools from the exercises to assist attendees to focus on self-management so they act rather than react.

**Stress Presentation** ~ Discussion and presentation exercises on what stress is and how we respond to it. Tips on how to alleviate stress and to change our natural responses. **Benefits:** Instructor helps attendees go through their stressors and change the way they respond to them.

**Team Building Model** ~ This exercise helps individuals build self-efficacy, increase harmony and cooperation in the workplace, and attain goals once thought out of reach. When people are able to change their thoughts to focus on what they want, their life changes.

**"Being Your Passion" Workshop** ~ This workshop takes individuals into discovering, exploring, accessing and then activating their passion. **Benefits:** Individuals will tap into different parts of themselves to discover what they are passionate about and help turn that passion into a reality.

**Communication through Improvisation Workshop** ~ This highly interactive workshop allows attendees to participate in improvisation exercises and learn how these rules can be applied in their business environments. It also demonstrates the benefits of utilizing laughter and improvisation in daily life and how these skills can enhance business relationships thereby, contribute to a business' success. **Benefits:** Effective communication leads to treating each other with respect which results in a positive environment. Through laughter and improvisation teams are built and the skills learned can ultimately lead to better productivity.

**"Let Your Laugh Out...Living Your Life with Gusto and Enthusiasm!" Fun and Motivational Keynote Presentation** ~ Instructor shares tips and examples for ignoring criticisms-internal and external- that hold us back. **Benefits:** Speaker shares tips and examples for ignoring criticisms-internal and external-that hold you back.