



ART WORKSHOPS

**STRESS IS COSTING YOUR BUSINESS.
CREATIVITY CAN CHANGE THAT.**

Our art workshops help your team switch off, reset and come back stronger.

Sick days / Burnout / Quiet quitting - You've seen the signs.

Our creative workshops give teams the breathing space they need, and the energy boost you want.

What your business gets:

- Reduced stress and sickness absence
- Improved focus, motivation and performance
- Stronger team connection and morale
- A culture that supports wellbeing, not just talks about it
- Artwork created by your team – a lasting, visible legacy

The offer:

Half or full-day sessions delivered at your workplace

All materials included

No pressure, no prior experience needed

Ready to inspire your team?

Let's chat.

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“I got the freedom to experiment doing something I wouldn't usually do.”

“Maybe I can draw!”

“A very good way to relieve stress and anxiety.”

Group session
participants



THE ARTIST WITHIN (2 HOURS)

A short session with a big impact – perfect for sparking new ideas, easing stress and helping teams reconnect with their creative side.

- Relaxed intro using pencil, charcoal, pastels or collage
- Guided activities to unlock ideas and explore personal themes
- No pressure – just time to play, experiment and enjoy
- Everyone leaves with a framed piece to take away
- A great mix of calm, curiosity and creative spark

Ideal for:

- New project kick-offs
- Breaking through creative blocks
- Wellbeing-focused team connection



Workshops can be held on your premises or at a venue of your choice.

Investment: £650 for up to 10 people (£65 per additional person)

Workshop comprises of 2 Facilitators.

Book your next workshop by contacting us:

01924 274448 (Option 2) or emailing enquiries@completetraining.uk

Figures exclude VAT and include standard materials. Travel and venue costs may apply.

For a more bespoke experience, additional facilitators or larger groups, we are happy to provide a tailored quotation.