



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**

REFOCUS & RECONNECT (3.5 HOURS)

A deeper creative session that gives your team time to explore, reflect and reset. No experience needed – just a willingness to have a go.

- Sketching warm-up
- Use of pastels, paint and collage to create meaningful pieces
- Encourages visual storytelling and quiet reflection
- Optional themes like 'Change & Growth' or 'What Matters to Me'
- Participants leave with their own 20cm x 20cm canvas panel and often, a shift in mindset

Ideal for:

- Team away days
- Mental health and wellbeing sessions
- Culture-building workshops



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

Investment: £950 for up to 10 people (£95 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.