



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 MINDFUL STUDIO (6 HOURS)

An immersive day of creativity, reflection and connection. Designed for teams who want to go deeper – whether that's exploring leadership, culture or mindset.

- A structured creative day using pencil, charcoal, paint and collage
- Personal and collaborative pieces with light-touch themes
- Exercises that spark new ways of thinking and communicating
- Ends with a mini 'gallery share' and 30cm x 30cm slim canvas takeaway artwork
- A team canvas (1m x 1m)
- A session they'll remember – and talk about

Ideal for:

- Leadership teams
- CSR wellbeing initiatives
- Businesses ready for something different



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

Investment: £1,500 for up to 10 people (£150 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.