

# Create & Build

**Creative team building for busy professionals!**

**Choose from a variety of packages that best suit your team.**

## **Puzzle Mural Painting (\$65/person)**

Each member of your team will receive an individual canvas that has a pre-drawn design. When put together in the right order your team has created one large piece! You can choose the design from your logo, or anything that inspires you.

## **Copy Cat (\$65/person)**

Each member of your team will follow step by step instructions to create a masterpiece of their own. You can choose from a variety of paintings or ask for a custom painting that incorporates anything from aspects of your company logo to shared values. Group members can choose to change colours and add personal touches to ensure their artwork is unique.

## **Meditation & Mandalas (\$35/ person)**

Does your staff need some time to unwind and relax? Give them time to find the peace inside of them. A short meditation session begins and ends this class with drawing, colouring and a discussion on how to use meditations in the workplace to reduce stress in between.

## **Vision Boards (\$35/person)**

Want to give your staff the opportunity for personal development? Join me as we work together to discuss personal goals, challenging questions and end with creating a vision board for the future. This session can also be used for business development to gain clarity on goals you have for your company and the path to take to accomplish those goals.

## **The Path Forward (\$65/person)**

Join me as a develop goals, intentions and a path forward. Paint a fingerboard road sign (where multiple signs are pointing in different directions). Use past accomplishments and future goals. Paint the scene around to represent the life you want to live.

## **Anchor Art (\$65/person)**

Join us as we paint an anchor. We will discuss words or images we can add that represent the anchors in our life. Each team member will leave with an individual painting for their office or home.

## Gratitude Tree (\$65/person)

Join us as we paint a tree together. We will discuss how gratitude continues to replenish our life with more of what we are grateful for, and then add these items to the leaves on our tree. This is a tangible reminder about the good in our lives. Each team member will leave with an individual painting for their office or home.

Please note:

### *Time Needed*

Classes typically run for 2.5 hours, please arrive early so that we can start on time.

### *Wine*

You are more than welcome to bring your own bottle. However, if you would like for us to provide for you it is an extra \$15/person.

### *Excursions:*

Want to further your experience with your group? We work with a local tour company (Cool Run-Ins) to take you on a variety of adventures. Stand Up Paddleboard, Beach BBQ & Bonfire, Horseback Riding, Snorkeling, etc.

Please book early to avoid disappointment.

### *At your location:*

Want the party at your specialized location? I can travel to you!

### *Group Minimum & Maximum*

There is a minimum of 8 people required to host a group class. Maximum people our location can support is 30 people.

### *Discounts*

Book before June 15<sup>th</sup> (for the month of July & August) and receive a 10% discount per person.

### Tips and Suggestions to improve Team Building Results:

1. Start team building at your location prior to coming to paint. Maybe the day before gather everyone for a meeting and ask them to bring an item from childhood and be prepared to share why they selected the item and the importance of it.
2. Make reservations to go to lunch or dinner before or after the event. This is because right after this event conversation is often more powerful and engaging. It will provide the opportunity to discuss and reflect on the activity or results.
3. Think about the benefits of planning the event early in the week, to give you the rest of the week to observe increased energy and creativity.
4. After the event it would be effective to host a debriefing session. Ask for anything that was insightful or ask for staff members to share observations. Remember to finish the meeting on a high note.
5. Last, but not least, it is important to share your work with others. Maybe have an unveiling of your work or display it somewhere that can be seen by the public or your clients/customers. It will serve as an exciting way to share the experience with others and a lasting reminder of the importance of teamwork.