



Year of Arts

Corporate CREATIVITY & WELL-BEING

Single Workshop



DO YOU WANT TO KNOW THE SECRET TO ENHANCING INNOVATION?

In today's fast-paced work environment, stress, burnout, and lack of effective communication can create barriers to productivity and innovation. Investing in **creative** wellbeing **initiatives** not only **supports** individual **mental health** but also **strengthens team cohesion**.

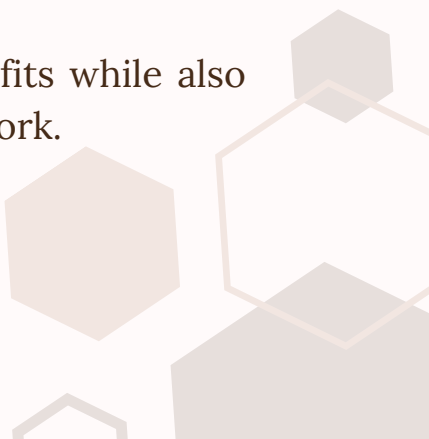
At Year of Arts (YofA), we offer a Creative Wellbeing and Team Building Session that combines individual expression through art with collaborative exercises to foster a positive, creative, and engaged workplace culture.

THE KEY TO SUCCESS

Our 1.5- to 2-hour interactive session provides employees with a creative outlet that promotes relaxation, team building, and new ways of thinking. Each session includes:

- **Guided Creative Exploration** – Hands-on activities designed to spark innovation and relieve stress.
- **Mindfulness & Reflection** – Techniques to improve focus, reduce anxiety, and boost problem-solving skills.
- **Team Collaboration Exercises** – Strengthening workplace relationships through shared creative experiences.
- **Expert Facilitation** – Led by professional artists experienced in fostering creativity in corporate settings.

These sessions are designed to provide immediate benefits while also leaving employees with tools they can use in their daily work.



THE TRAVELING CANVAS INITIATIVE

For companies with global or remote teams, we offer the Traveling Canvas initiative, a creative exercise designed to foster effective communication, team building, and cultural understanding. This initiative enables teams to collaborate on a shared artistic project over the course of several weeks, encouraging creativity, connection, and ongoing communication.

Dedicating just 30 minutes per week, the Traveling Canvas provides a unique and sustainable way for teams to bond, work together, and strengthen relationships, no matter their physical location.

It's an innovative approach that **enhances collaboration** and **team dynamics**, particularly for **remote** or **globally dispersed teams**.

FOLLOW-UP IMPACT MEASUREMENT

We know that measuring the effectiveness of wellbeing initiatives is key to understanding their true value. To ensure your organisation experiences lasting benefits, we offer follow-up impact measurement. After the session, we provide:

- Surveys to gauge employee feedback and gather insights into how the session impacted morale, stress levels, and creativity.
- Check-ins to assess how the tools and strategies learned are being applied in the workplace and to track any improvements in team cohesion and productivity.

WHY INVEST IN WORKPLACE CREATIVITY & WELLBEING?

- **Reduce Workplace Stress** – Creativity has been shown to lower cortisol levels and improve mental resilience.
- **Enhance Employee Engagement & Retention** – A positive work culture leads to higher job satisfaction and reduced staff turnover.
- **Boost Productivity & Innovation** – Fresh thinking improves problem-solving, efficiency and innovation.
- **Strengthen Team Cohesion** – Creative exercises enhance collaboration and workplace communication.
- **Align with CSR & Workplace Wellbeing Initiatives** – Demonstrating commitment to employee wellbeing strengthens your brand.
- **Stay Competitive in the Talent Market** – Companies that prioritise creativity and employee development are ranked higher by professionals seeking fulfilling and innovative workplaces, improving your company's retention of top talent.

FLEXIBLE PRICING OPTIONS

We understand that each company has unique needs and budget considerations. We offer flexible pricing packages and customized solutions depending on your company size, session frequency, and specific goals. Whether you're looking for a one-time session or a series of workshops, we'll tailor our offerings to fit your requirements.

NEXT STEPS

We'd love to help your organisation experience the benefits of our Creativity & Wellbeing Sessions. Here's how you can get started:

- Schedule a Discovery Call – Let's discuss your company's needs and how YofA can help.
- Book a Trial Session – Experience the impact first-hand with a customised workshop.
- Integrate Creativity into Your Workplace Culture – Make wellbeing a core part of your company's success strategy.

We look forward to working with you to create a more engaged, innovative, and resilient workforce!



UNLOCK SUCCESS!



UNLOCK WORKFORCE POTENTIAL

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