



TEAMBUILDING WORKSHOP

STRESS MANAGEMENT
THROUGH
INTUITIVE PAINTING

This workshop aims to promote team dynamics and individual stress management while discovering the creative side of team members. By combining psychoeducation on stress management with an interactive workshop involving intuitive painting, participants will be empowered to learn effective strategies for stress reduction and unleash their creativity.

Objectives:

Strengthen team cohesion and foster a sense of belonging.

Provide knowledge about stress management and develop individual coping strategies.

Enhance the creative expression and communication skills of team members.

Create a positive and motivating work environment.

Approaches:

1. Psychoeducation on stress management:

Participants will gain fundamental knowledge about stress, its impact on health, and effective coping strategies. Various methods and techniques will be introduced to reduce stress in the workplace, such as breathing exercises, mindfulness techniques, and stress management tools.

2. Active workshop with intuitive painting:

Participants will learn the basics of intuitive painting. They will be encouraged to express their emotions and thoughts in a creative way by intuitively choosing colors and shapes without being constrained by rigid structures.

CREATIVE STRESSMANAGEMENT



Expected outcomes:

Improved team dynamics and collaboration through shared experiential space.

Increased understanding of stress and individual coping strategies within the team.

Enhanced creative thinking ability and self-expression of participants.

Promotion of a positive work environment that boosts employee motivation.

Conclusion:

This stress management and active workshop with intuitive painting provides participants with a holistic experience where they can enhance their personal stress coping skills and discover their creative side. By strengthening team cohesion and fostering a positive work environment, the project contributes to overall successful and healthy team dynamics.

**No prior experience is necessary for intuitive painting.
Everyone is creative. There is no right or wrong.**

**Maximum of 12 participants.
Duration of the course: 3 hours.
Cost: €2,160.00**

As a small business owner in accordance with § 19 Abs. 1 UStG, no sales tax is charged.

**Bookable region within a radius of 130 km from
Siegburg.**