



wild ivy
wellbeing

breathe ♥ connect ♥ nourish

Winter Workplace Wellbeing

Wrap Up the Year with Rest,
Reflection & Resilience

Bespoke Workshops and Events
for your Team

Winter Workplace Wellbeing

Elevate your team's wellbeing and creativity this winter with our thoughtfully designed, eco-conscious workshops. Each session is crafted to inspire connection, reflection, and environmental awareness. Perfect for end-of-year team events or seasonal wellbeing initiatives.

Winter Wreath Creative Workshop

Bring your team together for a hands-on, festive activity using locally foraged and fully biodegradable materials.

- Team Bonding with a Purpose: Encourage collaboration as participants create their own unique wreaths.
- Cultural Enrichment: Learn the rich folklore and seasonal symbolism behind each type of foliage.
- Eco-Friendly Takeaway: Everyone leaves with a stunning, sustainable wreath that reflects both creativity and care for the environment.

Biodegradable Bauble Workshop

A fun, creative session where your team crafts biodegradable baubles from natural materials. Perfect for the environmentally-conscious workplace.

- Support Local Wildlife: Baubles can be hung outdoors to feed birds and other local fauna.
- Purpose-Driven Creativity: Learn how small acts can make a meaningful impact in your community.
- A Unique Team Experience: Encourage mindful crafting and collective purpose.

Guided Meditation

Close the year with intention. This guided meditation experience helps your team unwind, celebrate their achievements, and set a positive tone for the year ahead.

- Year-End Reflection: A calming space to acknowledge both personal and collective accomplishments.
- Ceremonial-Grade Cacao: Enhance the meditative experience with a warm, heart-opening cacao ceremony.
- Team Connection: Finish with a facilitated sharing circle that deepens interpersonal connections and fosters a sense of community.

Fuel Connection . Spark Creativity . Nourish Wellbeing.

