

WATERCOLOR WORKSHOP

Objective :

Provide a space for letting go and mental recovery by inviting employees to explore their creativity through the fluidity and softness of watercolors.

Key takeaways :

- Experiment with water and pigment techniques to embrace the unexpected, relinquish absolute control, and reduce performance pressure.
- Engage intuition and visual expression to enjoy a true cognitive break, far from screens and usual demands.
- Dare to create without any artistic prerequisites, marvel at one's own creation, and share a moment of gentleness and pride as a team.

Result (R.O.I.) :

Une prévention active de l'épuisement professionnel (RPS), une charge mentale maîtrisée, et des collaborateurs ressourcés et reconcentrés.

2H	15	1 500 €*
Durée	Participants	Tarif HT

*Prices are provided for information purposes only. A custom quote will systematically be drawn up.