Expert Workshops: Well Being & Mental Health

Offer sensory disconnection and master the mental load.

Sophrology & Breathing

The anti-mental load toolkit.

Duration: 45 min

Participants: Jusqu'à 15

Price: €1 000 Excl. VAT*

Oleology Masterclass

A unique sensory break centered around green gold (olive oil).

Duration: 2 hours

Participants: Jusqu'à 10

Price: €1 500 Excl. VAT*

Watercolor Workshop

Provide a space for letting go and creativity using the softness and fluidity of watercolors.

Duration: 2 hours

Participants: Up to 15

Price : €1 500 Excl. VAT*

Result (R.O.I.) : Active prevention of occupational burnout (psychosocial risks), a managed mental load, and deeply rested and refocused employees.

*Prices are provided for information purposes only. Non-exhaustive offer, 100% customizable format.