



Our Workshops

Virtual team experiences that build resilience and strengthen community.



CREATE SPACE WORKSHOPS

Duration: 1.5hrs, 3hrs or 5.5hrs.

Location: Virtual

Audience: Any

Numbers: 9 - 75

Cost: tbd

“Change is inevitable. Growth is optional.”

JOHN MAXWELL

Our virtual retreats and online learning and development training workshops provide a platform to reconnect and reengage, strengthen company foundations and support employees with their long-term health and well-being.

WHAT ARE THE EMPLOYEE BENEFITS?

Participants get to...

- Explore their own unique potential
- Discover how they could add more meaning into their own life
- Explore the impact of their current self-imposed personal narratives
- Challenge self-limiting beliefs
- Discover new self-care tools for managing your own wellbeing
- Acquire fresh perspectives
- Feel empowered having discovered new information about yourself
- Re-calibrate their understanding of what's possible in their own life
- Try something new, feel inspired or simply get creative
- Increase the positive impact they could have in the world





AND THE COMPANY BENEFITS?

Increased productivity and engagement.

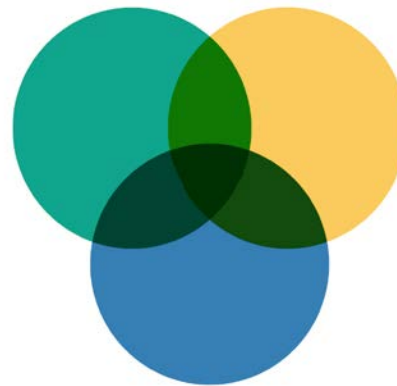
Despite taking place virtually, our inclusive online programmes are carefully designed to help employees feel the benefits of self-care and community. We help each person understand, value and protect their most personal and profitable assets - their health and wellbeing.

When people feel included and empowered at work, they make more positive and healthy lifestyle choices, which in-turn increases engagement and output.

Building resilience

We understand that building resilience is a complex and personal concept; the tools that work for one person may not be helpful to another. Our workshops and virtual retreats are designed to demonstrate the variety of useful tools at our disposal, focusing on the key areas that have been consistent in literature and research published by leading mental health organisations.

- 1. Wellbeing**
- 2. Community**
- 3. Coping Strategies**



The tools we use.

We play with different combinations of creative exercises, self-exploration tools and transformational techniques. These are interspersed with expansive teachings and coaching practices to help individuals gain a better understanding of themselves. The tools and techniques we teach can be applied immediately to generate a measurable impact on health and happiness.



1. HEALTH AND WELLBEING

Holistic practices.

We guide participants through these sessions, as a way to start slowly connecting the mind and body. It's not a *Barry's Bootcamp* workout, but more practices that incorporate elements of breathwork, body scanning and mindfulness.

2. BUILDING COMMUNITY

Group work, sharing and creating support networks.

No one is forced to share anything they don't want to, or anything at all if they don't feel comfortable. Sharing has a proven benefit to processing experiences and emotions. These breakout and group sessions are intended to allow participants to get to know each other a bit better.

Having a network of support at work is frequently highlighted as one of the most important components, not only of wellbeing, but also of long term resilience.





2. NEW COPING STRATEGIES

Developmental coaching and personal growth tools.

The coaching and self-analysis techniques that we use enable participants to go into deeper modes of personal enquiry and development. We tap into undiscovered truths, underlying beliefs and highlight pre-existing coping mechanisms. We then teach the necessary tools to safe-guard valuable resources, such as our creativity, intuition and personal resilience.

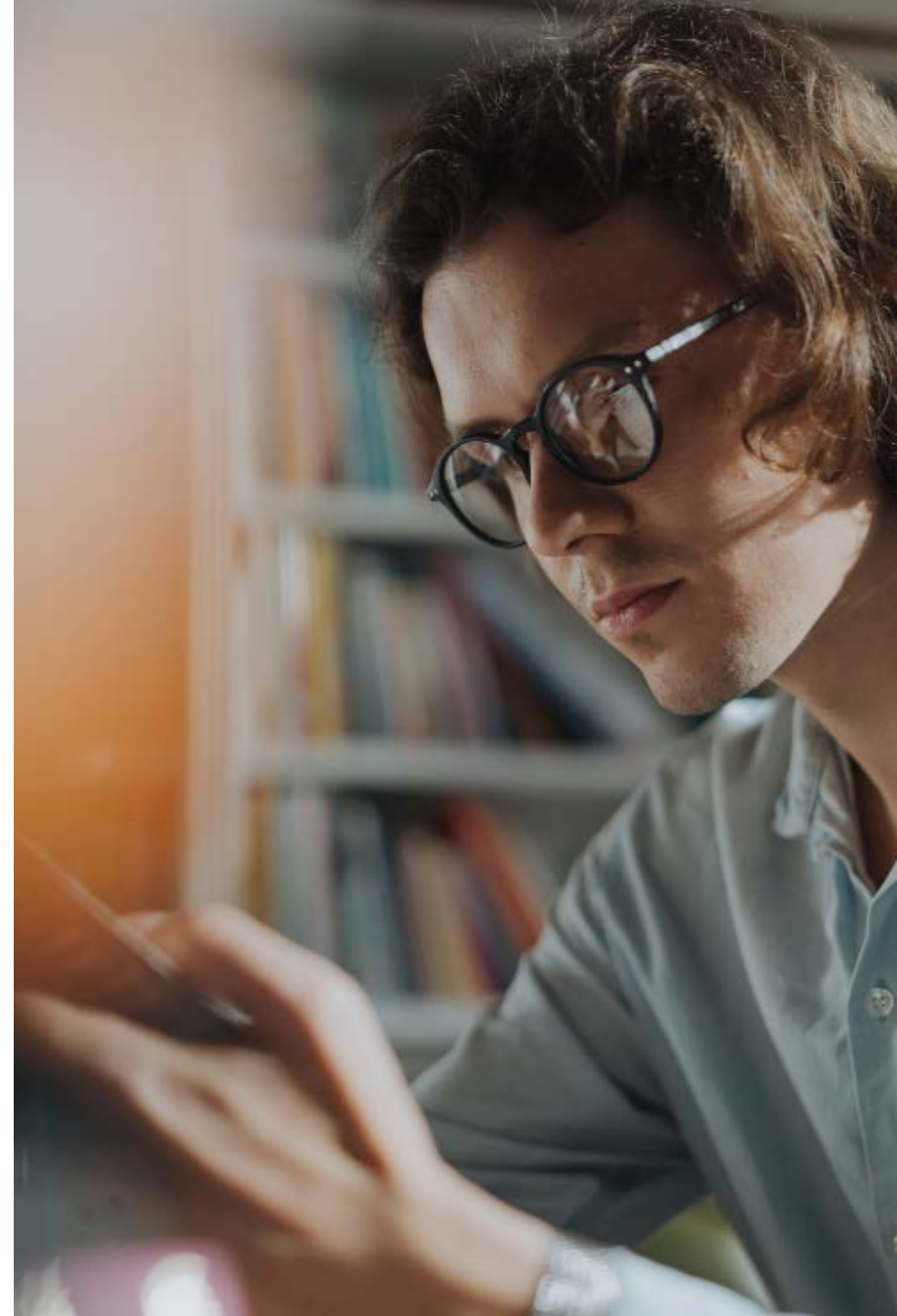
These include:

- Recognising and expressing thoughts and emotions
- Creative and mindfulness exercises
- Simple breathing and de-stressing techniques

ABOUT OUR APPROACH

A safe space to learn, connect and get curious.

We offer a safe space to learn, get curious, open up and discuss with others, aspects of life participants are wanting to improve. Naturally it is a completely confidential space, where individuals can openly share their feelings and thoughts with the option of anonymity.



Our trusted team.

We personally design, organise and facilitate each of our retreats and workshops; partnering internationally with leading industry professionals in each sector. There will be a lead figure present throughout, whose role will alternate as facilitator and supervisor of each workshop. They will not be offering any counselling or diagnoses relating to psychological issues that attendees may be experiencing throughout the retreat. In the case of significant distress, additional or subsequent support will be sign-posted or referred as required.

Safety.

Safety is our main priority. We will be undertaking the necessary safety measures during and post workshop. Please ask if you require any more information on this.



Important info about the virtual workshops.

How many participants are there?

There will be a maximum of seventy-five participants on each virtual programme.

Who are these workshops for?

The workshops can be designed for anyone. Please let us know of any specific requirements ahead of time.

How much does it cost?

The cost is dependant on duration, number of participants and activities.

What is the cancelation policy?

We can facilitate a date exchange up to one month prior to the programme start date.

If you have any more questions please do not hesitate to get in touch.

What we provide.

One week before

Intro pack with a 'pre-workbook'.*

One week after

A tool kit and recommended reading list will be provided along with some useful links to help with process and reflection.

*All tasks have been designed to maximise understanding, development and the learning experience.



A bit about Create Space.

We're a global retreat and workshop service, based in the UK. We design bespoke wellbeing experiences for brands, businesses and executives - both in person, and virtually. Our unique self-care and development programmes focus on equipping employees with new tools and techniques for personal growth and resilience, as well as managing their own health and wellbeing.

Our not-for-profit community organisation.

We Create Space is our registered not-for-profit sister-organisation through which we provide well-being programmes and initiatives to marginalised and minority groups.

"As an organisation we always aim to provide an inclusive experience that encourages, supports, and celebrates the diverse voices of our participants. When we are exposed to new ideas and perspectives, we often learn something new about ourself too." **Directors of We Create Space CIC**

If you are interested in supporting please get in touch.



Ajay Pabial



Maylis Djikalou



Gurchaten Sandhu



Michael Stephens

Our clients include....

Our current clients include global leaders from these highly-regarded public and private sector organisations:



TESTIMONIALS

”

Gurchaten Sandhu,
Inclusion Specialist at ILO

"It felt amazing to hit the pause button and zoom in and look after that one person that matters most..."



Brennan Marshall,
People Director PwC

"I left this experience with new tools and actionable steps to employ on my mental health journey."



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Adam Mallaby,
Senior Comms at Boots

"Really insightful and thought-provoking programme."



Matthew Shaw,
Editor at BBC News

"The most amazing thing about the retreat - was realising how much I needed it."



”

Yusuke Takahashi,
Senior Comms at Ted Baker

"I felt a great sense of community and connection."



Ben Firth,
Associate Director at EY

"With the amazing mindfulness and breathwork techniques, I felt a huge sense of calm post-retreat."



Thank you!

For more information, or if you have any questions please don't hesitate to get in touch.

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createspaceworkshops.com

[@createspaceworkshops](https://www.instagram.com/createspaceworkshops)

A close-up portrait of a Black woman with short hair, smiling broadly with her eyes closed. She is wearing large silver hoop earrings and a white ribbed turtleneck sweater. The background is a solid brown color.

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