

C*o*aching

Welcome to CreativeArt Workshop & Team
Building

Help your team unleash their creativity
www.duskacoaching.com



Our program helps you to build a strong cohesive team while simultaneously achieving objectives.

We believe the best kind of Team Building is when people work on real challenges together. Solving issues, coming up with creative solutions, building action plans together are all platforms for creating a supportive and productive team.

CreativeArt Workshop & Team Building

world of infinite ideas

Always impressed by the beauty of nature, design and art. I have implemented this great combination in development of coaching workshops to create a memorable experience for my clients helping and leading towards desired results.

Hello. I'm Duska your Workshop & Team Building Coach



Duska
Coaching

CreativeART Coaching Workshops and Team Buildings are not a new method of self - improvement and teamwork improvement, but a fundamentally different way of thinking and acting to achieve the desired goals with a little help from principles of art.

I believe everyone deserves a healthy workplace.

My mission is to help organizations develop a healthy workplace culture through engaging team building experience.

Applying art, design, psychology of colors, neuro linguistic programming and business coaching tools the whole process **feels effortless and fun** for your team and your company.

Creativity is not limited to the arts. When people think of what it means to be creative, the first thing that comes to mind is often artistic ability or being gifted in the performing arts.

In REALITY **creativity comes in all shapes and sizes** across domains. Creative expression is not restricted by any limits or boundaries. It covers all fields and activities of human life in any of which one is able to demonstrate creativity by expressing or producing a new idea or object.

When we stop limiting creativity to artistic ability, we can begin to see opportunities for creativity everywhere.

Team Building Activities have a number of benefits including:

- Improving Communication
- Boosting Morale
- Increasing Trust
- Encouraging collaboration
- Building Relationships
- Promoting Creativity
- Fostering a positive company culture

Workshop Characteristics

- A building method, a way to solve a **problem**, develop a **plan**, reach a **decision**, agree on analytics, **design** a flow.
- Agenda steps not time boxed, since early output typically supports product, design development or process improvement and **innovation**.
- Include formally defined roles and depend on **neutral** facilitator.
- Remain **focused** on one development at a time.

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Reasons why you should use Art In Workshop & Team Building

Often we are too busy in our workplace to really get to know each other in a relaxed atmosphere. **Teams may be separate** due to their work duties, and rarely have time to chit-chat with management or people far away from their own desk.

Employees **can feel distant** from their managers, and without a pleasant, cohesive working environment, morale can soon dip low. **Not to worry, this is where Workshop & Team Building events can save the day.**

Working together as a Team, as equal colleagues **breaks barriers** and can **set** the foundation for a **trusting relationship**.



The better people know each other, the better they can deal with problems and support each other.

But why should you use Design and Art in your Team Building event ?

Here's our top 5 reasons

1) FUN

2) COMMUNICATION

3) NEGOTIATION

4) STRATEGY DEVELOPMENT

5) FRIENDLY COMPETITION

Green

Nature, Fresh, Loyal, Gentle, Money

Blue

Peaceful, Dependable, Wise, Calm

Purple

Royal, Rich, Artistic, Unique, Imaginative

Pink

Soft, Caring, Gentle, Affectionate

Red

Hungry, Romantic, Brave, Bold

Orange

Cheerful, Friendly, Playful, Warm

Yellow

Warmth, Clarity, Sunny, Happy, Positive

Brown

Earthy, Organic, Stable, Natural

Black

Sophisticated, Powerful, Mysterious

Gray

Focused, Neutral, Calm, Modern, Careful

White

Innocent, Ethereal, Sterile, Calm

Creative and Interactive Workshop & Team Building bring benefits including:

- Bringing your strategy, vision or values to life in a way everyone can connect
- Opening up new channels of communication
- Appreciation of unique personalities and thinking styles
- Drive innovation and creativity
- Increased participation and engagement
- Develop a “can do” mindset
- And much more!

We will address and analyze

- Communication Skills
- Problem Solving
- Leadership
- Dealing with Frustration and Adversity
- Increasing Confidence
- Emotional Resilience
- Emotional Intelligence
- Time and Stress Management

Duska
Coaching

*Coaching
Programs*



The program content

Introducing the program

What is art based coaching ?

Why this is an important coaching approach ?

Introduction about Psychology of Color

Practical Exploring Your Art Creation

The meaning of colors

How colors impact physiological responses ?

Emotional reactions to color

Factors that impact color preference

Cultural difference in the meaning

Communication Styles

Problem Solving

Benefit from Art Coaching on Emotional Intelligence
Benefit from Neuroplasticity on service to Problem - Solving



Creative Team Building workshops helps to unite your employees in **achieving** a **common goals** through the medium of art.

This is an original way of taking business professionals out of their comfort zone and encouraging them to create, collaborate and take initiative.

Through this creative process, your Team will be able to communicate shared visions, stories and experiences that connect to your business theme.

It's these connections that will help them to enhance skills such as **agility**, **trust** and **thinking outside of the box** through the art-making process.

ArtCoaching activities promote Neuroplasticity

by encouraging participants to engage in new experience, which can help to build new neural connections and support the development of new skills and abilities.

In an art Team Building Context, incorporating neuroplasticity can encourage creativity and problem solving.

We offer Programs as:

- Artistic Collage
- Brain Teaser Challenge
- Rubik`s Cube
- Sculpture Building
- Blind Contour Drawing
- Improvisational Theater

ArtCoaching Activities Benefits Emotional Intelligence

- **Increased Empathy:** working closely with others on creative projects.
- **Improved Self - Awareness** through the process of creating art.
- **Enhanced Conflict Resolution:** practice, resolving conflict in a constructive and effective manner.
- **Developed Emotional Regulation**
- **Increased Emotional Expression**

Using canvas, wood, stones, polaroid camera, pastels and acrylcolors your Team will have opportunity to think and express themselves in a completely new way.



Art is for everyone, not just for artists.

Creative thinking connects Team members regardless of age, experience or background.



Great way to foster good communication and innovation.

Customised

It is vital to the success of the event that we meet your business's individual needs and understand the purpose of your event.

We tailor all of our events to your needs. So get in touch and we will create a Team Building event just for your team.



Group Size:

L 100 -150 people

M 50 -100 people

S 10 - 50 people

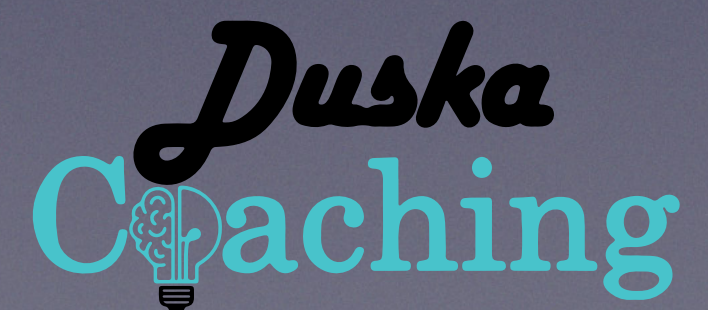
Activities duration:

2 - 4 hours

3 - 6 hours

4 - 8 hours

We will collaborate with you on program options suitable to your time and requirements, to ensure that the event meets your needs.



Everything is Supplied

- Protective gear such as smocks, drop sheets etc...
- All Art materials such as canvas, paints, pastels, brushes etc....
- All Design materials such as wooden pieces in different forms and shapes, stones, glass, bricolage materials and many other surprises.
- We take care of all the setup and pack up.

LOCATION

Flexible

We can run Art Creative Team Building events - Workshops at **your** location, wether this be in your office or another **venue** that you have in mind. It is preferable for the better results and team connection to move out of the company environment and change atmosphere.

We can provide our location packages:

Lugano Workshop Room
Lugano Mountain or Lake Experience
Program on demand

Discover through Experience

The workshops and team buildings are highly experiential as well as reflective, enabling you to try new experience out in a safe and supportive space.



Duska Coaching

Colour Empowering Coaching workshops sono creati con una approfondita ricerca in psicologia di colore che avevo unito con strumenti di Coaching in un potente modello.

Attraverso Arte e Creatività in espressione apriamo le nuove prospettive e infinito spettro di idee durante il percorso di workshop.

Dove Lavoriamo ?

- Intelligenza Emotiva
- Elaborazione di emozioni
- Comunicazione
- Focus
- Motivazione
- Sabotatore
- Valori e Credenze
- Procrastinazione
- Accettazione
- Analisi e cambiamento comportamentale
- Collaborazione



Thank you for your time and interest in
DuskaCoaching



A business card for Duska Coaching. On the left is a circular black and white portrait of a smiling woman with blonde hair. To the right of the portrait, the name "DUSKA" is written in large, bold, teal letters. Below the name, "CEO DUSKA COACHING" is written in smaller, bold, black letters. Underneath, there are four lines of contact information, each preceded by a teal icon: a telephone icon for the phone number "+41 79 666 84 62", an envelope icon for the email "contact@duskacoaching.com", a globe icon for the website "https://duskacoaching.com/", and a location pin icon for "Lugano Switzerland". The card has a white background with teal accents at the top and bottom corners.

DUSKA
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