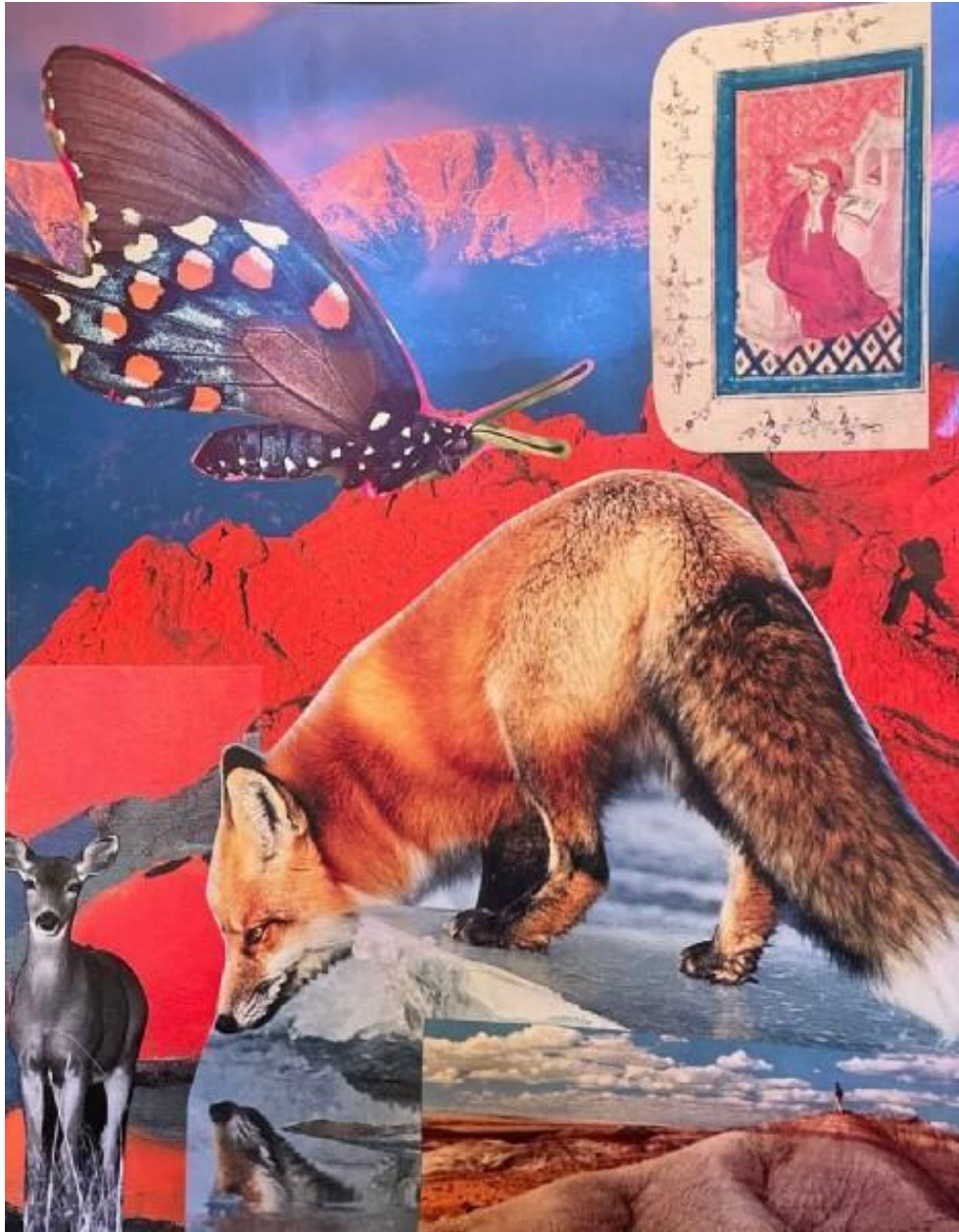


# Diving For Pearls

Reclaim Your  
Creative Brain  
for more  
Productivity,  
Wellness  
& Innovation

Team-Building  
Workshop Proposal



Access FLOW state where  
action and awareness sync to create an effortless momentum

- Mihaly Csikszentmihalyi

EXAMPLE COLLAGE



Aondrea creates an environment conducive to creative FLOW which inspires our imagination, team harmony & whole-brained thinking. She introduced our team to creative practices which boosted employee morale, clarity & focus.

- Venezia Z., Director of Sustainability, Clear Blue Sea

EXAMPLE COLLAGE



Foster whole brain thinking

Combine Right-brain vision & imagination with Left-brain analytical logic to access more resources for performance & balanced wellbeing, maximizing an employee's potential for improved performance & end results.

## **I Challenge**

The demands of modern-day life challenges us to multi-task which often leads to distracting behaviors that stifle our creativity, state of awareness, ingenuity & keeps us from doing our best work.

## **II Summary**

Engage your inner world to access its neglected resources and approach problems, communication and critical decision making more effectively. Practice creative exercises to cultivate more expansion in the work environment.

## **III Solution**

Diving for Pearls is a 1.5 - 2 hour creative workshop that improves employee wellness and overall company performance. It stimulates the creative brain for a more inventive, harmonious and fulfilling work culture.

In this workshop, you will learn how to :

- Use mind tools for innovative solutions to arise
- Foster whole-brain thinking
- Access FLOW state
- Boost employee morale

## **Intro**

Aondrea shares her world as a professional artist;  
She introduces ART SPA World, where Art & Science meet.

## **Guided Mind Travel**

To access Deeper Brain FLOW State

## **Creative Practice:**

Art Alchemy in Action

## **Conclusion**

Team Shares  
Reflections

## **Spa Kit & Materials Provided**

\*A mini candle, to set the "Spa mood"

\* An essential oil for an aromatherapy mood lift for home & office

\* PDF of ART SPA creative practices & mind-tools

## **Participants Bring:**

ART Supplies of choice

Magazines & Glue Stick recommended as a guest favorite.

## ABOUT ART SPA WORLD

ART SPA World was founded by San Francisco artist Aondrea Maynard. Aondrea facilitates creative workshops inspired by The Butterfly Effect, “the phenomenon whereby a minute localized change in a complex system can have large effects elsewhere”. With a framework that leverages neuroscience & quantum physics she guides people into their inner realms to engage the creative brain for tangible inner world / outer world change. Our mission at ART SPA World is to provide corporations with a retreat from everyday life that introduces teams to mind-tools that support a whole brained approach to their projects for overall wellness & productivity. We aim to create intentional team collaboration for more ingenuity & FLOW.

ART SPA World is committed to facilitating workshops that are enjoyable & impactful. The Art Spa experience ensures participants leave feeling inspired & empowered with a greater awareness of their inner world’s capabilities to bring more curiosity, creativity & innovation to their work & worlds.

