

# Butterfly HQ Info Pack



At Butterfly HQ we focus on creativity and wellbeing in connection with nature.

Taking the time to invest in our wellbeing is essential for our mental and physical health.

In a busy world people can often feel fatigued, overworked and overlooked. Providing a creative space to share and create, can improve morale and overall well being.

Our workshops and events give people the time to pause and reflect.

We facilitate stepping away from business to engage in active rest, allowing opportunities to invest in ourselves and shape our environment for the better.



*"play is a serious  
business."  
(Marshall & Rose, 2024)*

*Working with your  
hands reduces  
stress.  
(Sabater, 2021)*

*Building creative  
confidence is key  
to innovation.  
(Kelley, 2013)*

*"Creativity isn't a talent.  
It's a way of operating."  
(Cleese, 1991)*

*"... you cannot work well  
without resting well."  
(Soojung-Kim Pang, 2017)*

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# Session Menu



The wellbeing benefits of engaging in immersive activities and active rest as well as the neurological benefits of doing things with our hands are now well documented. Building on this, these sessions facilitate opportunities for people to step away from the day-to-day.

As such, each of our sessions are designed to enable one or more of the following:

collaboration, communication, confidence, mindfulness, resilience, & stress management.

**Below are a selection of some of the categories of creative wellbeing workshops we can offer.**

## Coaching

These practical and creative workshops give people the space to explore their strengths and skills and to challenge any limiting beliefs they have. They also give participants a space to consider their beliefs and assumptions and how this can impact their lives.

**collaboration  
communication  
confidence  
mindfulness  
resilience  
stress management**

Taking the time to understand people is key to building and shifting mindset and self esteem.

Through coaching questions and team exercises groups can explore ways to build their confidence and resilience, and to maintain a positive mental attitude which affects how we respond to and deal with situations.

Having the confidence to approach and manage situations will also improve communication and collaboration, benefiting everyone.

Choices include:

- confidence coaching
- 'mindset matters'
- 'walk & talk'



# Session Menu cont.



## Creative Writing

Writing can improve mental clarity and creative flow.

Explore the writer in you by participating in a mix of creative writing and journaling exercises, creating characters and worlds, and responding to creative prompts designed to encourage you to write. Articulate and express your thoughts, ideas and goals.

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## Maker Sessions

These crafty creative sessions are great for building confidence and communicative skills as well as motor skills and mental agility. Where crafting something decorative or building something functional from repurposed materials.

Choices include:

- paper folding
- building from recycled materials
- mixed material makes



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## Meditative Art

With a focus on theme and process rather than product these sessions are a great way to engage in different skills and expand your creative potential in a safe and encouraging environment. 'Mistakes' and actively working with them is encouraged; a practice that lends itself to improving planning, problem solving, conflict resolution and resilience.

Choices include:

- neurographic designs
- drawing to music
- pointillism



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# Session Menu cont.



## Multi-media (messy) Art)

These tactile creative sessions also focus on theme and process rather than product and are a great way to playfully engage different skills and expand creative potential in a safe and encouraging environment. As always, 'Mistakes' are actively encouraged and resilience and adaptability developed through playful creativity.

collaboration  
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Choices include:

- o mixed media collage
- o working with clay
- o abstract painting



## Nature Walks

These sessions are all about getting outside, embracing the wellbeing benefits of fresh air and connecting with nature as well as the creativity boost that walking brings.

collaboration  
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They also give people an opportunity to talk and express themselves in a setting that better facilitates open conversations.



## Team Building

Our team building sessions can be tailored to fit the needs of your team / group. We focus on engaging activities that encourage individuals to step out a little from their usual / automatic roles and explore new challenges and ideas together.

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# Session Menu cont.



## ‘Up-on-your-Feet’ Theatre Workshops

These fun practical sessions will use the concept of play to explore creative activities and exercises with the intention of developing collaboration, communication and confidence.

Theatre has the ability to suspend our disbelief and take us on a journey. It also encourages teamwork, creativity, confidence and trust.

Choices include:

- **Bringing the text to life**

A chance to experience the life of an actor and the rehearsal room, you will work on current and classical texts as a group, developing articulation, confidence, active listening, and teamwork and focus and trust.

- **Improvisation and storytelling**

Improvisation allows us the opportunity to be spontaneous and use our imaginations in a fun and creative environment. Through fun and fast paced activities you will get your mind working overtime, your awareness will improve while working together to create characters, storylines and outrageous scenarios.

- **Public speaking**

Explore a range of topics on how to improve your public speaking skills. Looking at body language and the use of the voice you will learn to improve your physical posture and how to use your vocal qualities to support you when speaking.

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