



- Are you seeing *increased stress levels* in your staff?
- Do feel there is a *disconnect*, despite working hard to unite the team?
- Are your people *becoming increasingly unproductive*, even though everyone is putting in the hours?
- Do you just need a *creativity boost*?

Creative play is the golden ticket to boosting creative thinking, making new connections grounded in curiosity, improved mental health and deep, joyful, self expression.

Give your team an opportunity to reignite their childhood wonder and see the benefits flow through to your professional outcomes.







Why Play?

"Play brings joy. It's vital for problem solving, creativity and relationships."

DR STUART BROWN

Adults don't grow out of needing play in our everyday, it is a part of our biology, however, society has conditioned us to think it's wasted time. Research and lived experience has shown this couldn't be further from the truth.

Engaging in regular play as adults is a fundamental way to curb mental ill health, improve creative thinking and practice mindfulness.





Giving your team a space to explore, without expectation of a desired outcome, allows them the opportunity to move into a zone where magic can happen.

The more often we play, the more chance we have **to find new, unique and creative solutions** to problems and situations.

"Such a great session Delphie!
Opened our minds to what's
possible when you let go of your
preconceived notions and play!"

JORDIE PETERS - HEAD OF DESIGN - WORKINGMOUSE



PTP Power Hours:

The workshops are delivered onsite in your office space.

We will move through a variety of creative activities to work on loosening up, connecting mind and body, getting a little messy and having a bunch of fun! Final activity details will be discussed at time of booking.

Investment

The workshop sessions can run as 1 or 2 hour programs.

Each program will need to allow 1/2 hour either side for set up and pack down.

Costs for up to 20 participants.

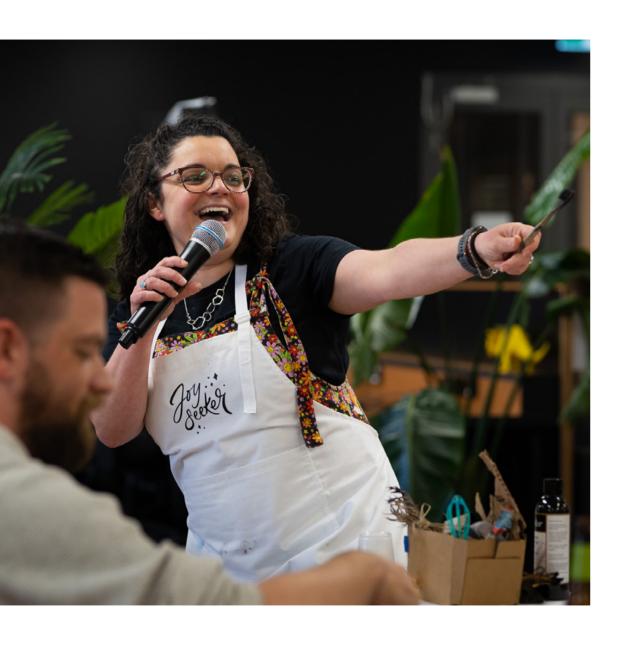
Power Hour (60mins): \$850 ex GST

Power Hours (120mins): \$1350 ex GST

Booking secured with 50% deposit payment and balance required 1 week prior to workshop session.







About your host:

Hi, I'm Delphie Joy, a designer and artist with 20 years experience working in the creative arts industry. As a brand designer, lettering artist and creativity mentor, I know first hand the importance of building play into daily life to encourage joyful, fresh ideas and unique concepts. I am also a recovering perfectionist and have found the practice of creative play to be a key in improving my productivity, mental wellness and creative output.

I can't wait to work with you and your team.



Where to from here?

When you are ready to book your teams session, please email or call so that we can confirm the final dates and booking details:

hi@delphiejoy.com 0403 646 124

Come, let's play!