



- C**REATE ART
- R**ESTORE SPONTANEITY
- E**NHANCE COLLABORATION
- A**CTIVATE IDEAS
- T**RUST THE TEAM
- E**LEVATE MORALE

CREATE

Team Building Through the Arts



Unlock Your Colleagues' Creative Power



The Art of Team Building

Team building is a great way to reduce stress, increase productivity and promote creativity in your organization. Spending a couple of hours engaged in the creative process is a fun and relaxing way to increase communication, brainstorm ideas, renew morale and enjoy the company of peers!

CREATE will help your organization:

- Improve communication and self-confidence
- Increase motivation
- Enhance a winning attitude
- Learn how to achieve objectives and effectively deal with change
- Enhance creativity, rapport, and empathy
- Encourage mentoring and teamwork
- Develop leadership skills



Ceramic art and endorsements made by the Executive Women in Finance Board of Directors during their CREATE session.

"Very well organized and an overall neat team building experience. Thank you!"

"Really enjoyed your staff, the experience overall, and the laid back atmosphere."

Planning Your Workshop

ArtMix provides a planning consultation in order to meet your goals. Your workshop will be led by a professional teaching artist in a creative, stress-free studio environment with all supplies provided.

Feed body and soul

We offer an option to order food and beverage through select catering services, or provide access to a kitchen.

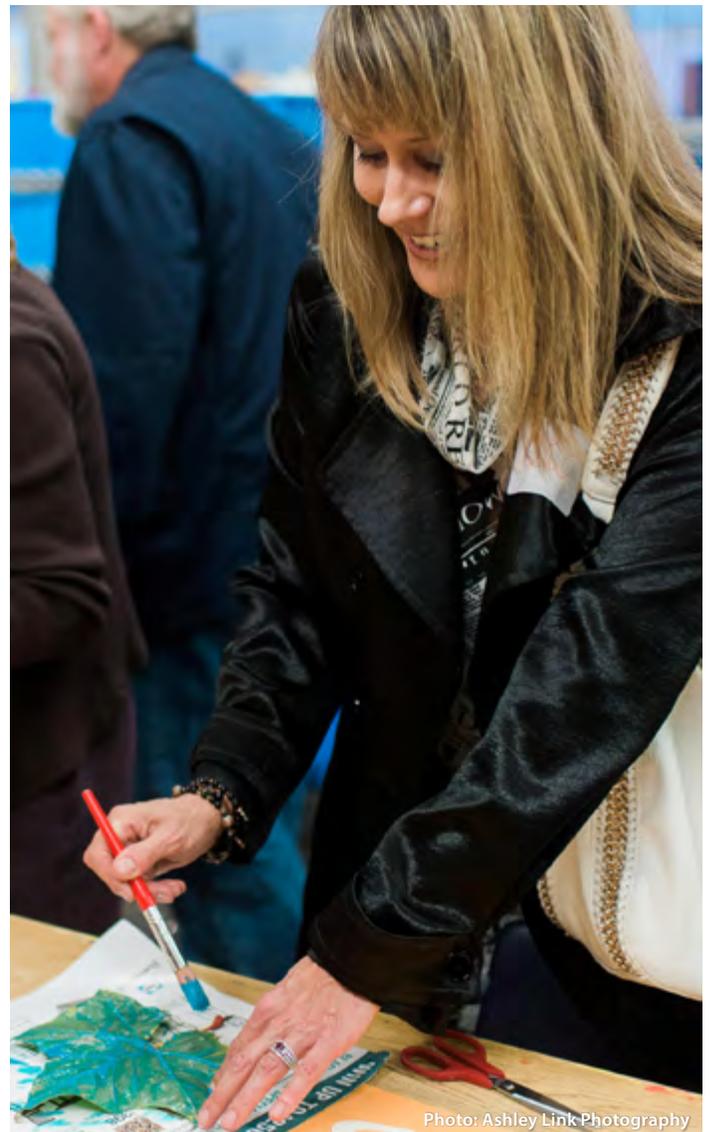


Photo: Ashley Link Photography

Activate! Create! Innovate!



Customize Your Workshop

Visual Art – Creative expression in a variety of mediums: paint, collage, clay

- **Relax and Mingle**

Each person starts with their own materials (blank canvas, clay) and ends with a completed masterpiece to take home. The class is artist-led, providing step-by-step instructions designed for all levels of experience.

Participants will feel relaxed and creatively challenged while enjoying the company of colleagues, exploring their individual talents and freely express their creativity.

- **Creative Swap**

Each person begins their artwork following the instructor's lead. Every 15 minutes, participants rotate and switch stations sitting at another's workspace where they will pick up where the previous person left off and continue working in that spot until the next rotation.

This project will challenge all co-workers to contribute to another's artwork in mid-project by assessing current progress, analyzing the next steps, and moving ahead toward a finished work of art.

- **Mural Puzzle**

This is a group project where each participant or small team completes one portion of a design where their finished piece is part of a bigger picture. The design can be created from a company logo, slogan, short phrase or just a picture of the group's choosing. Each team will get one canvas with just part of the final image outlined on it. When everyone's done painting, the canvases can be arranged to make one large piece of art.

This project requires planning and collaboration between participants so all the finished pieces complement each other.

Musical Art – Drumming and percussion circle

Get started with hands-on learning by following the beats of a teaching musician. By the end of the session, each participant will have taken a turn to lead the group in a collaborative jam session. If interested, movement/yoga can enhance the music session.

Story-telling – Fact or fiction...

Join a professional teaching actor in creating a variety of scenarios (real or imagined, playful or serious) that tap into the dynamics of communication, collaboration and interpretation.



CREATE

Team Building Through the Arts

Contact Adrienne Nordman for more information:
anordman@artmixindiana.org | (317) 974-4123.

Affiliate!
Participate!
Donate!



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Your CREATE Workshop will Help Others

By participating in a CREATE team building session, you are directly supporting art access to people with disabilities across Indiana through the following ArtMix programs and services:

- **Urban Artisans**
Developing vocational skills in young adults
- **Community Arts Classes**
Exploring imaginations through the arts
- **Artists in Residence**
Reaching all learners through the arts
- **The Lolly Project**
Assisting in pediatric healing
- **ArtMix Gallery**
Showcasing creativity and ability

To learn more about our programs and services, visit artmix.org.

Join the ArtMix Community!

At ArtMix there are a variety of ways you can get involved. Join a committee, volunteer in a variety of roles, and attend special events. By making a donation to support our programs and services, you can become part of the Artists Circle and receive benefits throughout the year. The programs and services we provide create community between people of all ages and abilities throughout central Indiana. The transformation of lives through our programs and services would not be possible without people like you! Get involved today by contacting Adrienne Nordman at 317-974-4123.

Our Mission:

*Transform the lives of
people with disabilities through
the creation of art.*

