

One day art workshop:

- Workshop about 6 h, possibly also a whole day
- official goal: Create artwork for the coworking space
- social goal: Having fun and team building
- Ideas: Theme based or abstract style

Often we are too busy in our workplace to really get to know each other in a relaxed atmosphere. 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 the likelier they are to support each other during tough times.

But why should you use art in your team-building event? Here are our top reasons...

1. 'Laughter is the best medicine', as they say. When we laugh, we release hormones that make us relax, reducing stress. Art is a **fun**, creative activity that can be enjoyed through fun team challenges.
2. As you are working with your team, you will develop **communication** skills when collaborating on a design. Discussing and deciding on colours, techniques and overall design – a perfect time to hone those communication skills without thinking about it.
3. You will need to **develop a strategy** to reach your goal, which is exactly what is needed in a workplace too. Strategic thinking and planning enables people to contribute effectively at work.
4. By throwing in an element of **competition**, many people will be more motivated to work and try harder. Now that you know how beneficial art is for team building, get your crew together and channel your inner Picasso with strokes full of fun!