



lime
/SHIFT

WORKSHOPS

OVERVIEW

limeSHIFT's workshops are designed to serve the workforce of the future. We use innovative art practices and creative facilitations to activate different parts of your brain. Our process aims to increase your capacity to work:

1. With empathy
2. As a collective and in collaboration
3. From a heightened state of attention and observation
4. With a newfound ability to innovate and change

Our Guiding Principles

Address your goals through aesthetics, space transformation, cohesion and empathy

Create a visual memory of your highest aspirations

Use imagination and creativity to inspire new ways of doing things, which positively affect both work and play

Use artists + facilitators as means of inspiration

Build competency in leadership and inter-style collaboration at the individual and collective level

Focus on experiential, behavior-focused learning vs. generic theoretical learning

Encourage practice of skills learned – e.g. through role play, prompts, commitments, and space-attached cues

Our Workshops

SHIFT to Lead

Mind Relief

Creative Workout

Diversity & Inclusion

Collective Potential

Estimated Time: 2-4 hours

Suggested Group Size: ~25 people



Our Methodology

Each workshop focuses on a different collective pain point such as subpar optimization of diversity, creativity, exponential ideation and team rejuvenation following stressful periods or dips in morale.

Our workshops are guided by theoretical frameworks in the fields of collective leadership, art, forum theater, and peace-building.

We begin by altering perception, disrupting habitual patterns of seeing and relating. This is a playful process that stimulates vitality and awakens the mind, body and intuition. Then, group members work together to reconsider the connection between their purpose, the people and the spaces around them. From a place of renewed clarity, teams engage in a co-design process that addresses cultural or spatial impediments to evolving. Art-making is both the problem-solving tool and the visual manifestation of the desired evolution.

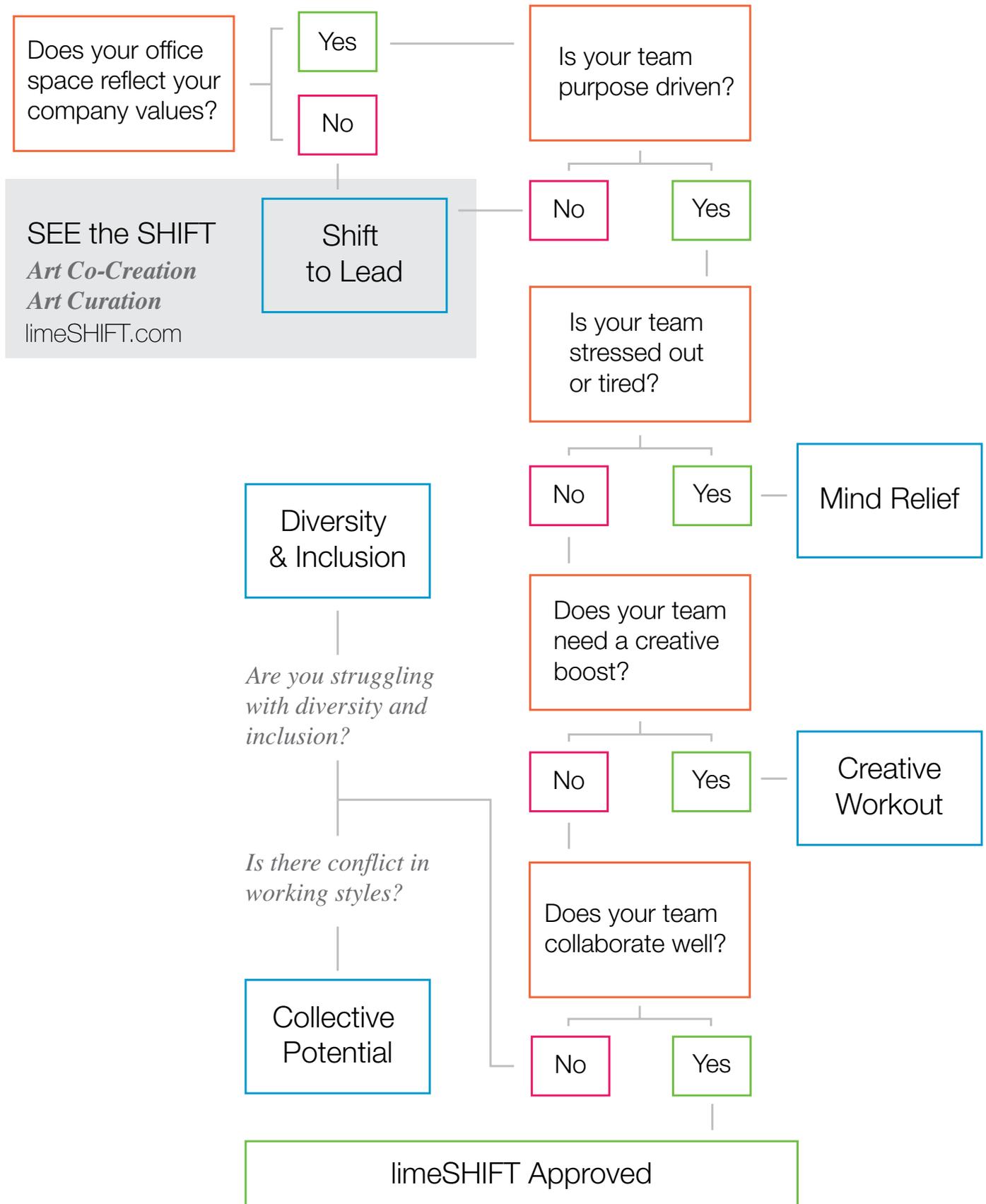




Workshop Comparison

		Shift to Lead	Mind Relief	Creative Workout	Diversity & Inclusion	Collective Potential
UNIVERSAL OUTCOMES	Improves Communication					
	Team Building	●	●	●	●	●
	Team Rejuvenation					
	Connects Individuals with their Space					
COLLABORATION	Inter-Style Collaboration	●		●	●	●
	Fosters Inclusion	●	●		●	●
CREATIVITY	Generates Ideas	●		●		●
	Makes Art (hands-on creating)		●	●	●	●
	De-Stresses		●	●	●	
COLLECTIVE LEADERSHIP	Aligns Values	●	●		●	
	Builds Vision	●			●	●

Workshop Guide



SHIFT to Lead

Align individual and organizational values to produce more purpose-driven employees

Purpose-driven employees are more connected, productive and loyal to organizations. This immersive experience connects individuals to their space and community by translating self-awareness, observation and reflection into collective visioning and creative problem solving.

Goals

- Coordinate vision and action
- Invite purpose-driven belonging
- Unlock team synergy
- Increase presence and focus
- Build rapid design capacity

Process

This energetic, body-based creative experience helps individuals understand their own purpose and how it connects with the collective.

The group articulates a common intent and begins prototyping creative solutions toward it.

The outcome is the blueprint for an art activation that embodies your company's values and aspirational vision.

Duration: 4 hours

Mind Relief

Release, renew and reinvigorate!

Stressful periods can derail a company's long-term goals through the erosion of working relationships and decreased clarity, performance and mental agility. This workshop alleviates stress and restores a team to optimal performance. Using play, meditation and craft, we produce a balance of mind and offer a cathartic experience for your team.

Goals

- Alleviate stress
- Reinvigorate team confidence
- Inspire collective catharsis
- Restore clarity and focus
- Participate in a creative wellness experience

Process

Our creative and restorative exercises allow the group to identify and release points of tension.

Body-based experiences heighten awareness of emotional and spatial relationships that are interfering with performance.

Exercises focus on recollecting sources of motivation and purpose.

Duration: 4 hours





Creative Workout

In a creative rut? Revitalize your creativity and build creative confidence with a playful workshop

Is your creative output what it could be? We review impediments to creative flow – spatial, psychological and physical – and together build exercises that create space for exponential ideation. We leave you with a custom toolkit to revitalize and regularly renew your team's creativity.

Goals

- Uncover impediments to creativity
- Revive the 'child's mind'
- Practice with co-design
- Strengthen team synergy
- Leave you with tools to get out of a creative rut

Process

Our workshop begins by heightening the senses and one's capacity for observation.

- Interactive exercises focus on:
- Improvisation
 - Awakening a sense of play
 - Iterating without fear of failure
 - Visual storytelling

Employees will build their own personal toolkit for creative revitalization whenever necessary.

Duration: 4.5 hours

Diversity & Inclusion

Looking to recruit, empower and retain top talent across gender, race and culture?

limeSHIFT's behavior-based diversity training is a hands-on, interactive, role-playing experience. We deep dive into unconscious biases that can cause conflict, deplete morale, impede communication, and affect productivity.

Use art-making and spatial awareness to build diverse, cohesive teams, promote collaboration and build healthy, empathetic relationships.

Goals

- Foster inclusivity
- Develop resilience in the face of social stress and hostility
- Build empathy and compassion
- Become aware of unconscious biases and change behavior accordingly
- Build competency in creative conflict resolution

Process

- Interactive exercises focus on:
- Perspective
 - Effective communication
 - Creative conflict resolution
 - Inclusivity

Through artmaking, employees will create a memento or symbol that encourages understanding

Duration: 4 hours



Collective Potential

Build strong cross-team collaboration by celebrating different roles and work styles

Grow the creative potential of your company by harnessing different workstyles of your employees. This workshop teaches employees how to recognize and navigate diverse skill-sets, equipping employees with the ability to work across teams and roles.

Goals

- Promote inter-style collaboration
- Inspire synergistic productivity
- Heighten communication, perception and listening
- Facilitate collective ideating

Process

Using aesthetics and taste, we hone in on employees' different styles and provide a vocabulary on how to speak to differences.

Self-diagnostic and body-based group exercises unpack different communication styles.

The workshop culminates in group activities that practice appreciating, flexing, and harnessing different people's interests and dispositions.

Duration: 4 hours



Contact Us

Get in touch for more information.

All of our workshops are tailored to fit your organization.

hello@limeshift.com
limeSHIFT.com