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

<table>
<thead>
<tr>
<th>Universal Outcomes</th>
<th>Shift to Lead</th>
<th>Mind Relief</th>
<th>Creative Workout</th>
<th>Diversity &amp; Inclusion</th>
<th>Collective Potential</th>
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<td>Improves Communication</td>
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<td>Team Building</td>
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<td>Team Rejuvenation</td>
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<td>Connects Individuals with their Space</td>
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<td>Collaboration</td>
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<td>Inter-Style Collaboration</td>
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<td>Fosters Inclusion</td>
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<td>Creativity</td>
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<td>Generates Ideas</td>
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<td>Makes Art (hands-on creating)</td>
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<td>De-Stresses</td>
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<td>Collective Leadership</td>
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<td>Aligns Values</td>
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<td>Builds Vision</td>
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- **Workshop Comparison**
Are you struggling with diversity and inclusion?

Is there conflict in working styles?

Does your office space reflect your company values?

Is your team purpose driven?

Is your team stressed out or tired?

Does your team need a creative boost?

Does your team collaborate well?

Collective Potential

Diversity & Inclusion

Mind Relief

Creative Workout

limeSHIFT Approved

SEE the SHIFT
Art Co-Creation
Art Curation
limeSHIFT.com

Shift to Lead
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
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.

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.

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limeSHIFT.com