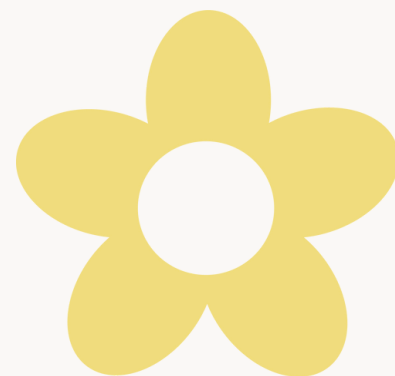


Happy Hobbies Creative Workshops



Designed by psychotherapists,
to reduce stress and increase creativity,
confidence and resilience.



Creative Workshops



The Hobby Hour

- 1 hour interactive creative workshop. Developing mindfulness and relaxation skills.
- One hobby activity.
- All materials, set up and clean up included.
- Delivered on site or remotely, perfect for wellbeing events

Up to 15 people **£450**



The Team Creativity Boost

- Three hour/half day workshop.
- 2 hobby activities, delivered on-site or remotely.
- All materials, set up and clean up provided.
- Designed to boost confidence and connection through creativity.

Up to 20 people **£1250**



Hobby Discovery Day

- Full day programme, delivered on site or remotely.
- 3-4 activities designed to align with your company wellbeing goals.
- Multiple facilitators.
- Reflection sessions.
- Take home resource pack.

30+ people **From £3500**



Optional Add On's

- Enhance your workshop with these optional boosters.
- Materials kit for remote teams: £15pp
- Digital follow-up wellbeing pack: £150
- Quarterly 'Hobby hour' subscription: £350 month

“Ready to bring more creativity, calm, and connection to your workplace?
Let's make it happen.”

Email us at hello@happyhobbies.co.uk