



Happy Hobbies Winter Wellbeing Workshops



Designed by psychotherapists, our winter wellbeing series is a ready to book package of seasonal workshops designed to help your team unwind, connect and boost their wellbeing during the colder months. Perfect as part of your wellbeing calendar or as a festive team activity.

THERAPIST LED

Winter Workshops



What's Included:

- **Create & Calm** - mindful seasonal painting to reduce stress.
- **Craft & Connect** - light-hearted craft session to spark connection.
- **Festive Creativity** - gratitude and joy filled to boost motivation.
- **2026 Vision Boards** - create a values led board to creatively define goals.

All materials provided. Sessions facilitated at your premises by a psychotherapist for maximum wellbeing benefits.



The Benefits

- Supports wellbeing and engagement goals.
 - Works for remote, hybrid or office-based teams.
 - Stress-free - ready to book packages.
 - Inclusive - no skills needed, suitable for all abilities.
 - Ideal replacement or addition to traditional festive activities.
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Packages & Pricing

- One off winter workshop **£450**
- Series of 3 workshops (mix and match) **£1250 Saving 10%**
- Series of 4 workshops **£1530 Saving 15%**

Pricing based on up to 15 participants



Optional Add On's

Enhance your winter workshop with these optional boosters.

- Materials kit for remote teams: **£15pp**
- Digital follow-up wellbeing pack: **£150**
- Nourish & Create - add 30-60 minutes relaxed social time for your team to share food, drinks, and conversation during and after the workshop. Self-catered **£100**

“Give your team the gift of joy, calm and creativity this winter”
Email us at hello@happyhobbies.co.uk