

# Work Reimagined

Step away from the desk.  
Step into creativity.  
Give back.

helium  
Inspiring life through art

## You and your team need some time away from the desks and off the screens – it's time to put the pens down and get creative!

Helium offers creative workplace workshops that are brand new to the Irish corporate environment. Suitable for lunch & learn sessions, team away days, creative thinking initiatives, or leadership development programmes, each workshop provides staff with the opportunity to step outside their day-to-day routines and engage in something that will aid their collaborative and creative outputs.

In increasingly fast-paced working environments, shaped by constant deadlines, AI, and back-to-back online meetings, there is often little space to rethink tried-and-tested ways of approaching work creatively. Reimagined workshops create that space, giving teams the opportunity to reset their mindsets in ways that are both energising and accessible.

Led by professional creatives and designed to be engaging for everyone in the organisation, these workshops help increase productivity, problem solving, and employee engagement.

Through Work Reimagined, Helium offers organisations not only a way to invest in workplace culture, but also a chance to give back. All proceeds from the workshops go directly back to Helium, supporting its work with children and young people living with long-term health conditions across Ireland. Each workshop also includes a small hands-on activity where teams create materials and resources that will later be used in Helium's programmes.

*No artistic experience is required.*

Helium is a children's charity that works with children living with long-term health conditions, through art. We run creative workshops in hospitals, in the community and online. For many of the children we support, a Helium workshop is the only activity they get to take part in outside of school and without their parents. We provide opportunities for fun, friendship, and self-expression.

By choosing Work Reimagined, you are not only giving your team a unique and meaningful experience to enjoy together, but you are also helping us reach more children living with long-term health conditions across Ireland.

*Take some time to disconnect from the online calls - and reconnect with creativity, perspective, and each other.*



# Enjoy a fully managed experience in your workplace

- Tailored workshops designed to fit your time frame (e.g. 1-2hrs, half day, full day)
- Professional artists to lead your session
- All art materials
- Set-up and clean-up
- Optional branded elements
- Information on how supporting Helium changes children's lives
- Take home your creation and/or create a larger art piece to be displayed in your office

Each experience also includes a small collective giving-back activity, where teams help prepare creative materials and resources that will later be used in Helium programmes supporting children living with long-term health conditions across Ireland.



## What you can create

- Collaborative Canvas or Sculpture Creations
- Creative Story Telling Through Art
- Team Mural Projects
- Custom Workshops tied to your company values
- Seasonal or themed creative challenges linked to your company's vision or mission
- Purpose driven art inspired by Helium children's art

## Tailored Experience Ideas

- Executive Leadership Creative Session
- Large-scale collaborative office artwork
- 'Art for Impact' Employee Fundraising Challenge
- Family Day Creative Workshops
- Hybrid/Virtual Workshops for remote teams
- Employee Volunteering opportunities with Helium



# Social Impact

While enjoying a new experience in work, your team will also learn about the impact of Helium's work with children living with long-term health conditions and how creativity supports confidence, emotional wellbeing and connection.

## Benefits for your Team:

- Encouraging different ways of thinking
- Activating creativity in a productive way
- Helping refresh the mind and approach tasks differently
- Strengthening collaboration and teamwork
- Aligning creativity with productive work practices
- Supporting innovation and problem-solving
- Inclusive and accessible for all personalities and abilities
- A refreshing alternative to traditional team building activities



# How it works

Work Reimagined offers a flexible menu of creative workshop options designed to suit different group sizes, timeframes, and levels of engagement.

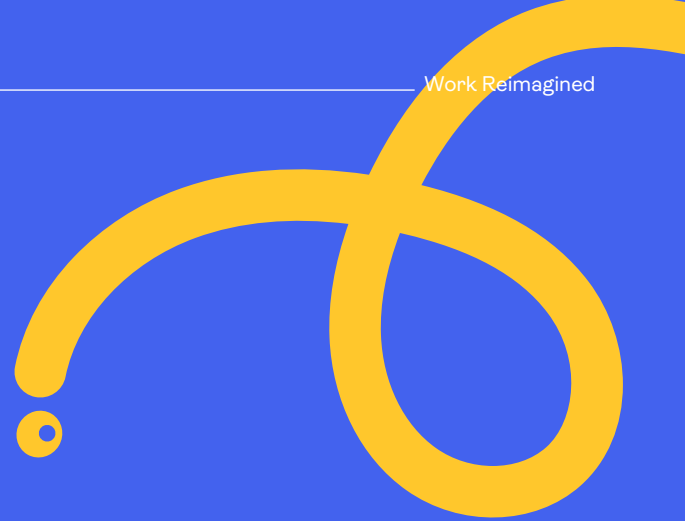
Activities are divided into **Small, Medium** and **Large** experiences, allowing you to build a bespoke programme that best fits your team and objectives.

**Small** experiences are short, accessible, and creative exercises that typically take 15-30 minutes and are ideal for quick recharge breaks, conference activations or introductory sessions.

**Medium** experiences are more immersive, skill-based workshops lasting approximately 60 minutes, giving participants the opportunity to explore techniques such as painting, printmaking or felting in a relaxed and supportive environment.

**Large** experiences are collaborative, team-focused experiences that encourage creativity, communication, and connection through the creation of a shared artwork or installation that can be displayed within the workplace afterwards.

You can mix and match from the Small, Medium and Large experiences depending on your time frame and group size. This menu approach allows you and Helium to tailor each experience to the needs, energy and goals of your organisation, while ensuring sessions remain inclusive, engaging and led by you.



**Choose an  
activity that  
works for YOU**

# Small Experiences



## Bite-size Collage

Exactly as it sounds, Bite-sized Collage challenges participants to make collages on a small scale using A5 or smaller paper. An opportunity to upcycle paper and card, this activity requires very little space but opens a world of imagination for participants to cut, stick, glue, rip, test different colours, textures, compositions on a manageable size of cardstock. For those who hesitate to create, this is a great way for people to ease into the experience.



## Whimsy Sculpture

Challenged to think outside the box, participants will need to use their imagination to test out and combine a random mish-mash of fun objects and things that they will receive in a box. Whimsy sculpture is composed of miscellaneous objects such as beads,



paper, and plastic pieces which can be threaded through wire. Each box contains different things; participants are encouraged to get chatting and exchange materials.

## Magpie Plate

If we were magpies, what kind of plate would we use for our supper? This activity will ask participants to gather some of their favourite items from around and outside their home and bring them in to embed into air-dry clay to form a treasure-encrusted plate fit for a magpie. We'll have a take-one, leave one box where participants can trade items for other items to add to their creation.

# Medium Experiences



## Block Printing

This project adds a little dimensional twist on printmaking by introducing the cube. A collage of materials come together with a cube to create a fun, dimensional printing activity. Participants will layer, manipulate, paint and print to get a variety of prints from a cube, an activity which is great for collaboration but also a chance to add individual flair.



## Felted Pebbles

For those who miss their childhood pet rock, here's another chance to make another. In this hands-on, practically mess-free activity, participants will wet-felt their very own rock using a freezer bag, roving, soap and water. Participants who want to stay clean can use the freezer bag method while those who want to get soapy can join in using our alternative method. This is a simple activity which creates a lovely take home keepsake.

# Large Experiences



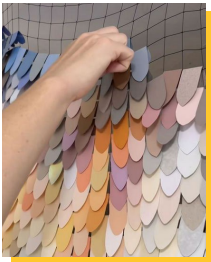
## Canvas Carousel

Canvas Carousel involves an individual or team painting on a canvas for a set amount of time. When that time is up, the canvas is then passed onto the next team for them to add onto. This continues until the group gets their original canvas back. This can work for small and large groups. At the end, participants receive a beautiful canvas which everyone has contributed to.



## Busy Bee Sculpture

A sculptured shape is created out of wire and working together as a group or with individual sculptures; rolls of paper are inserted into the holes to create a unique showcase of colours. This project is scalable and easily accommodates small to large groups as well as individuals. It's easy to get started and can be a company-wide effort that lives on in the workplace.



## Dragon Scale Sculpture

Cut out of colourful paper made from various types of paper and magazines, participants combine circles to create a colourful array on a canvas, board, or netting/fencing. The paper used for this activity can be company material such as old brochures or flyers for example. Reuse and Recycle!



## Hirameki Mural

Hirameki means “brainwave” or “flash of inspiration” in Japanese. In this Hirameki Mural activity, participants will make different ink blots. Afterwards, they will add lines and shapes to create faces, figures, creatures and objects from their imagination. Easy to start but also challenging for people who are used to creating.

# Create your Work Reimagined workshop today

We would be delighted to talk you through how you can create a bespoke Work Reimagined workshop tailored to your team, event or workplace team-building goals.

Whether you are looking for a one-off creative workshop, a conference activation, an employee's engagement initiative or a longer-term partnership, our team can work with you to design a meaningful and impactful programme that reflects your companies' needs and values.

By partnering with Helium, your company will not only invest in team culture and workplace morale but will also directly support children and young people living with long-term health conditions to access the transformative benefits of art and creativity.



**To book a workshop or to find out more,  
just fill out our online enquiry form or  
contact Hazel today.**

**086 103 4575  
hazellmallon@helium.ie**





# helium

Inspiring life through art



+ 353 (0) 44 93 96 960  
info@helium.ie

Helium, Top Floor, 22 Pearse Street,  
Mullingar, Co. Westmeath, N91 VYPO

Registered Charity Number (RCN): 20075200

[helium.ie](http://helium.ie)