

ABSTRACT GRAFFITI ART WORKSHOPS WITH KEV WAITE

Inspire Creativity. Boost Wellbeing,
Build Teams.





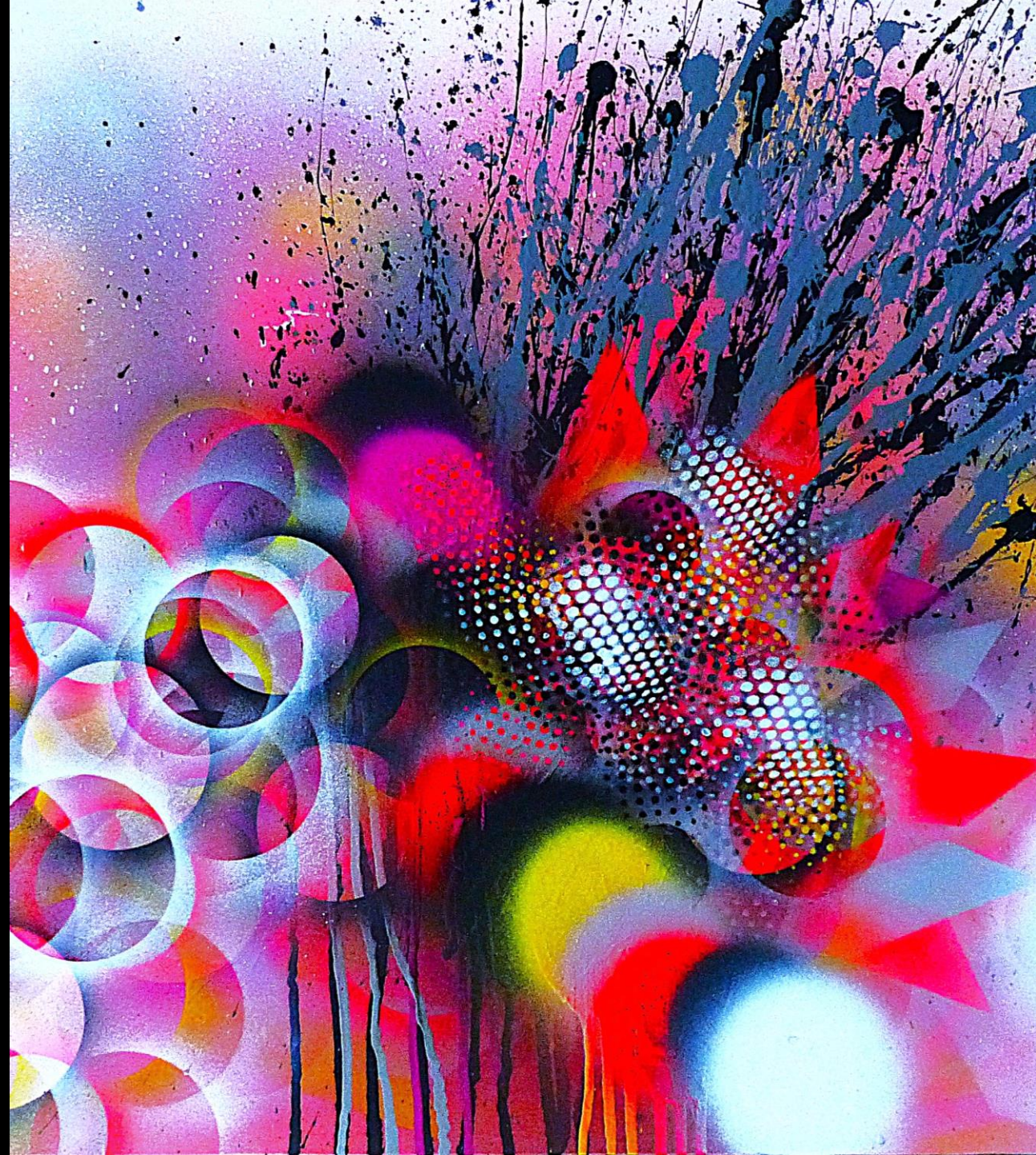
Corporate Creativity, Delivered Differently

Our Abstract Graffiti Art Workshops provide a dynamic and engaging way to bring teams together through creativity, collaboration and innovation.

Whether you're looking to enhance employee wellbeing, encourage team bonding, or simply offer something fun and memorable, our workshops deliver a unique experience tailored for corporate environments.

What we offer

- Interactive art workshops using spray paint and acrylic, designed to promote:
 - Wellbeing
 - Team building
 - Creative thinking
- A safe, inclusive space that encourages self-expression and collaboration
- Expert demonstrations and personalised guidance from a professional abstract artist
- Insightful storytelling from the artist on how creativity supports mental health and resilience
- Every participant leaves with their finished masterpiece





Why creativity matters at work

- **Team cohesion:** Shared creative activities strengthen relationships, boost morale and unity
- **Mental Wellness:** Art encourages mindfulness and reduces stress
- **Problem-Solving:** Creative exercises enhance lateral thinking and adaptability, enabling individuals and teams to tackle challenges more effectively
- **Innovation:** Breaking from routine sparks fresh perspectives and new ideas
- **Diversity & Inclusivity:** Creative expression values every voice and encourages authentic contributions
- **Engagement:** A refreshed and re-energised team is a more productive team



About the artist

Kev is a degree-trained fine artist who has exhibited across the UK, including at London's renowned Brick Lane Gallery. With extensive experience leading corporate sessions, he brings professionalism, empathy and infectious enthusiasm to every workshop.

Kev's personal journey overcoming addiction and mental health challenges, including Bipolar Disorder and Functional Neurological Disorder, informs his inspiring approach to creativity. Through these lived experiences, Kev demonstrates how art can be a powerful tool for both personal and professional transformation.

Kev also runs a successful health and wellness business, helping individuals and teams improve both mental and physical wellbeing.

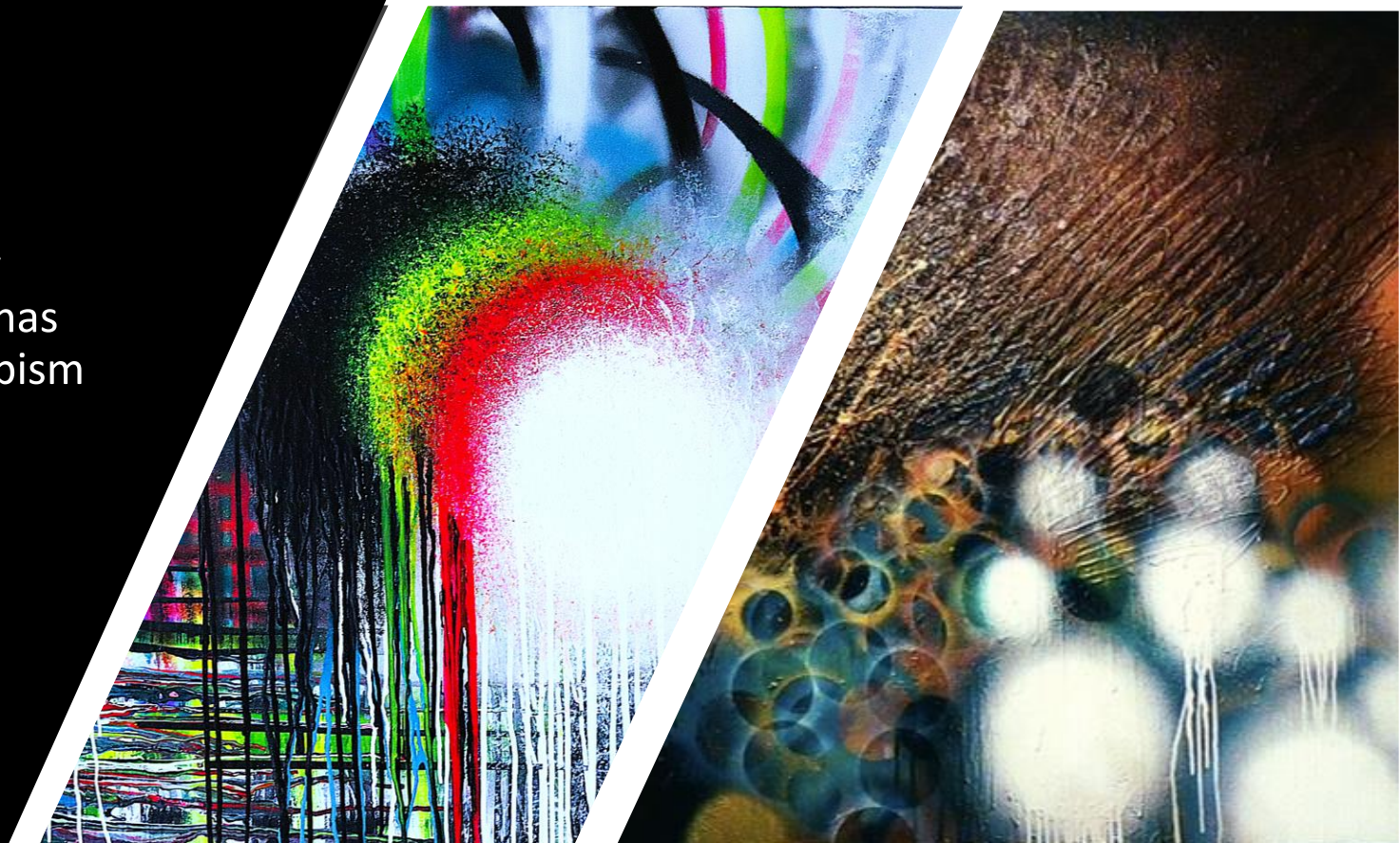


Kev's artwork

The abstract style is famously characterised by emotional expression. Creating abstract work has become an important tool for Kev to find escapism from mental illness and express his emotions.

Examples of Kev's artwork:

- www.movemindandbody.co.uk/ARTWORK
- Instagram: @kev_waite_artist_page
- Facebook: kevin.waiteart





Workshop overview

Each session is tailored to suit your team, space and schedule. A typical 2-hour structure includes:

- Welcome and artist introduction
- Introduction to abstract art and key techniques
- Spray paint demonstration and hands-on practice
- Kev's personal mental health story & creative insights
- Acrylic painting demonstration & layering techniques
- Masterpiece finishing & group reflection
- Presentation of finished artworks

We are happy to customise workshops for different durations, objectives or group sizes.



What's included

All high-quality art materials

PPE (masks and gloves) and full safety setup

Ground and wall protection (for indoor sessions)

Gazebo and ground protection (for outdoor sessions)

Each participants completed artwork, wrapped to take away

Full risk assessment

Testimonials

"What a great workshop and wonderful teacher! As someone who is not creative, I was very impressed by this workshop. I produced a piece of work I was proud of with the help of Kevin, who was very professional."

"Stepping away from my desk and allowing myself to let go has made my day!"

"I really enjoyed it. I love the fact you gave us the freedom to do whatever we wanted"

"This was one of the best experiences in wellbeing week, Kevin was really engaging he shared his personal story and his journey which was insightful and impactful and being a novice painter I loved learning from his expertise. Absolutely brilliant"





Let's create something different!

We'd love to work with your team to deliver an inspiring and unforgettable event.

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www.movemindandbody.co.uk/ARTWORK

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